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RECOGNITION

Senator Gobi honors Demore's Automotive for community service

By Jonah Snowden
jsnowden@turley.com

PALMER – Lending a helping hand to the community is something Demore's Automotive co-owner Jay Demore said he wanted to do. Once the COVID-19 pandemic began, which has greatly affected local businesses, schools and other public resources, Demore took on the opportunity to begin conducting outreach efforts.

Because of all the services provided through the Automotive business, both Jay and fellow co-owner

and wife Michelle Demore received a citation of recognition and appreciation by State Senator Anne M. Gobi on Monday, May 18th. Also, Country Bank in Ware presented their second Community Hero Award to the Demores.

When the Demores received the recognition, they were speechless, Jay Demore said. He said he was never doing it for the recognition and credits his wife and children, Jacob and Trinity Demore, for their help, since this would not be possible without them.

"We do this from the heart,"

said Demore. "The pleasure of helping others is the reward. What keeps us going is all the love we receive from this great community and connecting with so many great people."

To help local restaurants, Demore has vowed to pay for the lunches for the first ten customers that call in an order to the chosen restaurant of the day, which is updated regularly and featured on the Facebook Page. Restaurants have included Apollo 1 Restaurant, Acropolis Pizza, and Roadside Pizza and Grinders.

Demore's Automotive has also worked closely with healthcare workers and offered a variety of services. Each healthcare worker can be given a 15% discount off estimated repairs, have their vehicles picked up and dropped off for free and free oil changes. Even if they do not come in for the oil change but need a service instead, they will still get the 15% discount for the rest of the year.

To support the Palmer High School graduating class of 2020, Demore's paid for a banner to attach the bus used in the recent pa-

rade staff members volunteers put together to officially congratulate seniors. Demore also drove around with the rest of the staff and volunteers to cheer on graduating seniors while they received their gifts.

Other outreach efforts that have been done through the automotive business include the purchasing of gift bags for the seniors, providing gift cards to local restaurants for the graduates, gift to essential workers such as first responders and pharmacists. Demore also participated in the local "Adopt a Senior Program" and supported High School

Senior Jack Baker through a monetary donation and helping him with his future plans.

"I was really thankful," said Baker.

The automotive business also collaborated frequently with Russo's Lakeside Seafood & Steakhouse LLC, specifically with owners Kathy and Steven Giard. Together, with other volunteers, they delivered over 100 meals to people in Palmer, Monson, and other areas for Easter.

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EDUCATION

Palmer High School student and mentor selected as outstanding student-mentor team

PALMER – Karen Anti, School-to-Career Facilitator at Palmer High School, recently announced her Outstanding Student-Mentor Team: senior Cassandra Florence and Animal Control Officer Sydney Plante.

Florence did her Work-Based Learning/Internship experience at the Palmer Animal Control Department under the mentorship of Plante.

Florence's interest in animal care began at home, since she has many animals such as goats, rabbits, and dogs.

"I've been caring for animals my whole life and when the opportunity came up to intern with Sydney, it was something I did not want to miss out on," said Florence.

Her mother, Chrissy Florence, is a health inspector with the Palmer Board of Health and has worked with Plante many times. When Florence's mother asked Plante if she was looking for an intern, she was told that Florence was welcome to work there.

While interning, Florence said she worked with all sorts of animals and at times would go on call to transport animals to their forever homes.

"One time in particular I got to work very closely with the Palmer Police Department – a pit bull had gotten loose and together, we tracked her down and brought her home safely," said Florence. Florence also said at the pound she cleaned, administered medications, and worked on training with the dogs there.

"One thing I learned about this career field is you have to be confident and vocal," said Florence. "Many times, you have to call the shots when it comes to the health of an animal in our care – you can't be indecisive because you have to do what is best for the animal."

Florence said she learned a lot from Plante during the internship.

One of the skills Plante said Flor-



Courtesy Photo

Palmer High School Student Cassandra Florence (Left) with mentor Animal Control Officer Sydney Plante.

PHS | page 3

VOTING

Monson School Committee candidates

By Elise Linscott
elinscott@turley.com

MONSON – There are two candidates running for one open seat on the School Committee: Kathryn T. Peterson and Jessy D. Shea.

Shea is also running for a seat on the Board of Selectmen.

Below are the responses submitted by both candidates:

Kathryn T. Peterson,

Age, occupation:
36, Elementary Interventionist.

Past experience on town boards or committees?



I have no prior experience serving on town boards or committees; however, I have served on several committees within the school district I work for. I enjoy working with others, hearing all sides of issues and using current research to help reach decisions.

Why are you running for a seat on the School Committee?

I am running for School



Kathryn Peterson

SCHOOL | page 3

ELECTIONS

Monson Board of Selectmen candidates

By Elise Linscott
elinscott@turley.com

MONSON – This year's Annual Town Election ballot will see four candidates vying for one open seat on the three-member Board of Selectmen.

Current selectman John R. Morrell, whose term expires this year, will not be seeking reelection.

The Journal Register asked each candidate to answer a series of questions to help voters decide which to support in the June 9th elections.

Here are the candidates, in alphabetical order, along with their responses:

Charles P. Cournoyer

Age, occupation:

Choosing not to disclose.
Past experience on town boards or committees? No.

Why are you running for a seat on the Board of Selectmen? To help the town do better. I've seen in Board of Selectmen meetings where it's not always good. I've been to some Selectmen's meetings and I want to help improve them by making things more efficient and getting things done in town. That includes being more friendly toward other people and to be more helpful to other people who need help, if they call the Selectmen or any other department they deal with.

If elected, what issues would

TOWN

Palmer Annual Town Election June 9th

No contested races on the ballot

By Elise Linscott
elinscott@turley.com

PALMER – The June 9th Annual Town Election ballot features a handful of candidates running uncontested for seats on the Town Council, Planning Board and School Committee.

For Town Council, incumbent

Robert B. Lavoie is running for an at-large seat; there are no candidates running to fill the District 1 seat being vacated by councilor Michelle Sikes.

On the Planning Board, incumbents Kathleen M. Burns and Thomas S. Skowrya are running for reelection to two open seats.

On the School Committee, incumbent Bonny B. Rathbone is running for one of two open seats.

Polls will be open from 10 a.m.

PALMER | page 2

EDUCATION



Courtesy Photo

Pathfinder Regional Vocational Technical High School Annabelle DiPasquale, interning at Quabbin Wire & Cable Co. Inc.

DiPasquale and Pook outstanding student-mentor team

By Jonah Snowden
jsnowden@turley.com

PALMER – Pathfinder Regional Vocational Technical High School student Annabelle DiPasquale and mentor Erick Pook have been selected as Pathfinder's Outstanding Student-Mentor Team by Maggie Nugent, who works in cooperative education at the school.

The team worked together through the Pathfinder Cooperative Education Program, which allows students in their senior and junior years the opportunity to participate in off-campus, paid work experience with equal opportunity employers.

DiPasquale worked at Quabbin Wire & Cable Co. Inc., under

the supervision of Pook, process engineer manager for the company. DiPasquale took this internship because of her desire to get real on-the-job experience before she officially finished high school, she said.

DiPasquale began working at Quabbin in Oct. 2019, where she worked with the process engineering team. She said her responsibilities included testing, writing down the data of said testing and putting it in an Excel chart.

"I started doing testing that leaned toward quality assurance, then moved toward making machine adjustments," said DiPasquale. "Most of what I learned pertained specifically to cable and wiring

PATHFINDER | page 3

BOARD | page 5

Monson offering absentee ballots for June 9 election

MONSON — A message from Town Clerk Mary F. Watson: Stay safe for the Annual Town Election and vote by mail. Absentee Ballots are now available in the Monson Town Clerk's office for the June 9 election.

Each ballot requires an application that are available online at

www.monson-ma.gov under Town Clerk's Department page. You may also call or email the office and an application can be sent to you. An application is required before an Absentee Ballot can be processed. Applications are due by noon on June 8. For inquiries contact the office at 413-267-4115 or email: townclerk@monson-ma.gov

Monson Selectmen proclaim June 1st Arbor Day in Monson

MONSON — The Replanting Monson Tree Committee previously planned a community event around the continued American Chestnut Tree plantings at Flynt Park, but due to the State recommendation of no groups larger than ten people, the committee had to rethink their plans.

The planting will still take place by members on a smaller scale.

To keep the spirit of Arbor Day alive, the Tree Committee is requesting that the residents of Monson take some time on June 1st to care for the trees on their own properties and to give trees a good drink of water or carefully prune off some dead branches.

Remember if the tree needs a good deal of pruning call a local professional who has the expertise and equipment to do the job safely and correctly.

To find out more about the replanting of blight resistant American Chestnut trees on Monson, go to bit.ly/monsonchestnut.

Valerie Bogacz, Chairman Replanting Monson Tree Committee 413-267-4213.

Palmer Public Library: Programming from ukulele jams to puppet shows

By Jonah Snowden
jsnowden@turley.com

PALMER — Staff members at the Palmer Public Library are continuing to work from home even while the library building is closed to the public, providing programming and services to library patrons.

Amy Golenski, Adult Services Librarian, said that currently, the library is offering different programs virtually. They have also been using their social media pages, such as Twitter and Facebook, to keep the public informed.

One of the programs that's been recently offered included a "Virtual Ukulele Play-Along with Julie." Every Friday at 7:00 p.m., throughout the month of May, musician Julie Stepanek has been offering this virtual program free of charge to the library for its patrons to enjoy. This program will continue to take place every Friday through the end of June.

Picture book author and illustrator David Hyde Costello is also working with the library to put on a three-part, interactive puppet show series that can be accessed through the library's YouTube account.

"It's really cute," said Golenski, "Kids have had a fun time interacting with that."

The library has also been working with and for gardeners and can mail fruit, vegetable, herb, and flower seed packets from its seed catalog. Anyone interested can send out an email, expressing their interest in receiving seed packets. The library has a limited supply and is allowing a maximum of four seed packets per household.

Prior to the lockdown, the United Way of Pioneer Valley partnered with the library to hold Thrive Financial Planning Sessions, otherwise known as Thrive to Go. The program is still offering personal financial coaching in budgeting, bank accounts, building

and repairing credit, reducing debit and building assets. Since the pandemic started, Golenski said Thrive to Go is also assisting people who are currently faced with unemployment.

Regarding assisting patrons having trouble with their electronic devices, Golenski said the library can aid in helping people access eBooks and audiobooks, magazines and videos through a telephone appointment.

In this temporary work setting, Golenski said she is happy that the library can still offer an array of programs to the public.

"It's definitely strange — we love our patrons, and we love helping people — it's an adjustment for sure, and I'm sure for the patrons as well," said Golenski. "Our bottom line is to help the community with anything we can do; we're trying to reach out to people."

The Library's acting director Stephanie Maher also said she and the rest of the staff will continue to serve the

public.

"We're going to do everything we can to try to interact with our patrons and let them know that we're here, we care about them, and that we miss them," Maher said. "Even though these times are strange, we're going to try our best to maintain our level of service and engage with the community during these times."

Golenski said they are also ironing out details for their summer reading programs, which currently are going to be held virtually.

To schedule a telephone appointment, learn more about the see catalog, and more, send an email at RegisterPalmerLibrary@gmail.com. To learn more about Thrive to Go, visit ThriveToGo@uwpy.org. All other programs and updates on the library can be accessed at <http://www.palmer.lib.ma.us/>. Book recommendations are accessible on the website as well.

113 Western Mass. educators receive 2020 Excellence in Teaching Award

Recipients presented with a cash award, an engraved plaque, and tuition incentives toward graduate courses at area colleges

REGION — School districts across the region participated in a rigorous process to select the winners of the 2020 Pioneer Valley Excellence in Teaching Awards. The program, which is in its 18th year, celebrates outstanding educators who make a significant impact on their colleagues and school community. This past winter, the announcements were made in surprise visits — accompanied by balloons, flowers, and music — to the classrooms of 113 recipients across 30 school districts.

As plans were being finalized for the gala banquet to publicly honor this year's winners, COVID-19 forced school closings and the cancellation of events statewide. Nevertheless, the award program partners — the Harold Grinspoon Charitable Foundation and the Irene E. & George A. Davis Foundation — took steps in this unprecedented year to ensure that

2020 winners were lauded and celebrated.

In early May, 96 teachers received prize checks of \$500 each, and another 17 in the "New Teacher" category (those with up to three years of full-time experience) received \$250. In July, each winner will receive an engraved plaque, free memberships to a local YMCA and Springfield Jewish Community Center, and tuition waiver certificates for graduate study at seven colleges and universities in the region, including a \$10,000 scholarship toward a master's degree at Mount Holyoke College. Other participating higher-education institutions include Elms College, Bay Path University, Springfield College, Western New England University, Westfield State University, and the University of Massachusetts Amherst.

"These wonderful teachers deliver truly superlative experiences to their lucky students each and every day," said philanthropist Harold Grinspoon. "Our communities need role models and heroes more than ever right now, and each recipient of the 2020 Excellence in Teaching Award has proven that they display ideals in and out of the classroom that we can all be proud of."

In addition, winning teachers

were encouraged to submit plans for creative curriculum-related initiatives to carry out with their students, ones that adhered to the principles of project-based learning. In March, WGBH Boston and WGBY Springfield presented an expert-led webinar for Excellence in Teaching Award winners on the topic. From the many project submissions, ten teachers were selected for an additional Classroom Innovator Prize of \$250: Kayleigh Berger (Holyoke), Jillian Cook (Springfield), Karen Cree (Agawam), Michael Haas (Palmer), Qiana Johnson (Springfield), Samantha Morin (Holyoke), Victoria Munroe (Amherst), Angela Schatz (Mohawk Trail/Hawlemont), Sharon St. Pierre (Chicopee), and Joanne Weiser (Hampden-Wilbraham).

Additional supporters of the Excellence in Teaching Awards are Arrha Credit Union, Country Bank, Meyers Brothers Kalicka, Monson Savings Bank, and American International College as well as the Springfield Jewish Community Center, the YMCA of Greater Springfield and its five affiliate regional locations.

For more information about the 2020 Excellence in Teaching Awards and a complete list of winners, visit hgcf.org.

Monson Savings to open new Loan & Operations Center in Wilbraham

MONSON — Monson Savings Bank has been quite successful over the years and continues to grow bank-wide by adding new positions and new personnel. "Because of our growth we have actually grown out of some of our spaces," said president and CEO Steve Lowell. "The residential and commercial loan centers have been doing their best to accommodate all personnel, but the fact is we just don't have enough room."

"We knew this day would come and we are thrilled to announce that some employees will be moving the week of June 1st to a beautiful 12,000 square foot office space at 75 Post Office Park in Wilbraham. This location will be the new Monson Savings Bank Loan & Operations Center."

The following departments will be moving — Commercial Lending, Residential Lending, Collections, Compliance, Retail Administration, Retail Operations, Business Development, Municipal Banking and E-Banking. The company will still have its Main Branch and Corporate Headquarters located in Monson.

"I truly believe this is a great opportunity and shows that we are moving in the right direction," Lowell said. "We will have more details about the Loan & Operations Center and the move coming soon."

BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Journal Register, please email dfarmer@turley.com.

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PALMER

from page 1

to 8 p.m. in the following locations:

Precincts 1 & 1A: S.S. Peter and Paul Parish 2267 Main St. Three Rivers

Precinct 2: St. Thomas Parish Center 1076 Thorndike St. Palmer

Precinct 3: St. Thomas Parish Center 1076 Thorndike St. Palmer

Precinct 4: S. S. Peter and Paul Parish 2267 Main St. Three Rivers

DEADLINE

The Journal Register has changed its firm deadline for public submissions to Mondays. To get your submission in for that week's edition, email Editor at bcoulter@turley.com or call the office at 413-283-8393 by noon on Mondays. We appreciate the cooperation of our readers.



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Corrections

The Journal Register will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 2 or 3. To request a correction, send information to Editor at bcoulter@turley.com, or call 283-8393, extension 236. Corrections may also be requested in writing at: Journal Register, Attn: Editor 24 Water St., Palmer, MA, 01069.



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PHONE
413.283.8393
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Subscriptions: 413.283.8393

EMAIL
Advertising Sales
Lisa Marulli
lmarrulli@turley.com

Editor
Elise Linscott
elinscott@turley.com

Staff Writer
Jonah Snowden
jsnowden@turley.com

Subscriptions
cgriswold@turley.com

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Monson Savings is Growing!

Announcing our new Monson Savings Bank Loan & Operations Center!



We have been quite successful over the years and we continue to grow bank wide by adding new positions and new personnel. We knew this day would come and we are thrilled

to announce that some of us will be moving the week of June 1st to a beautiful 12,000 square foot office space at 75 Post Office Park in Wilbraham. This location will be the new Monson Savings Bank Loan & Operations Center.

The following departments will be moving: Commercial Lending | Residential Lending | Collections | Compliance | Retail Administration | Retail Operations | Business Development | Municipal Banking and E-Banking. We of course will still have our Main Branch and Corporate Headquarters located in Monson. We will have more details about the move coming soon.

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The Journal Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

SCHOOL I from page 1

Committee in Monson because it's a chance for me to give back to my hometown and apply my passion for education. I also hope to provide a teacher's and parent's perspective when discussing issues.

If elected, what issues would you tackle?

If elected, I would like to help tackle equity issues, social emotional issues and how to best move forward during this pandemic.

Jessy D. Shea (goes by JD)

Age, occupation:

41, sales representative at Wieland-Diversified Metals in Monson.

Past experience on town boards or committees?

I am currently a member of the Monson School Committee which I was elected to last October by the current selectman to fill a vacancy. I was one of three applicants.

While serving our country in Iraq as a young Airborne Infantry soldier in the 82nd Airborne Division I made a promise to myself to be involved in the decision-making process of the community in which I lived in. After 20 years of service I'm finally in a position to fulfill that promise. I am excited to be running for two offices, board of selectman and maintaining my seat on the school committee. I believe this is beneficial to the town as they complement each other very well. I have consulted with the State Ethics Board and they agree that I can be elected to both. I feel I can offer a new perspective as someone who has lived in many diverse communities while preserving the heart and soul of this amazing town my wife grew up in, a town I'm honored to now call my home.

If elected I would tackle the issues of learning how to better serve our senior population and helping our small businesses recover after the effects of the COVID pandemic.



Jessy D. Shea

PHS I from page 1

ence acquired was learning about determining the signs on whether the dog will allow someone to approach it. She also learned to administer medication, how to check for chips in an animal and how to be confident in her choices.

"I enjoyed working with her very much; she taught me so much," said Florence. "She helped me discover that this is the type of career I want to pursue and that sometimes what we do is not always easy, but the goal is to do what is best for the animal."

In terms of choosing this team as the Outstanding Student-Mentor Team, Anti said she made the decision based on Florence and Plante going above and beyond the School-to-Career program's expectations.

"This was the first time a student was placed with Palmer's Animal Control Officer," said Anti. "Under Ms. Plante's guidance, Cassandra gained tremendous exposure to the field, gained confidence, and solidified her plans for college and career. I eagerly awaited Cassandra's check-ins and will never forget the day she reported that she was adopting a dog."

Once Florence has officially graduated high school, she said her next step will be to continue her education in the fall at Becker College, where she will be completing a dual degree in criminal justice and animal sciences.

She would like to be an animal control officer but likes that based on the path she is choosing, she will be able to "pretty much do anything" in her chosen field, including training with K-9s and helping to train service dogs.

DEMORE I from page 1

The Palmer Food Share also received a truck full of food from the automotive as well as 125 pounds of Pasta from Russo's on May 5th.

Regarding the automotive business itself, each worker takes extended precautions to keep their work environment clean. Employees are changing their gloves constantly, using Lysol in the interior and exterior door handles and on anything else that is touched in the cars.

What has continued to motivate Demore to serve the public is the response that he and the rest of the team have received from the community.

"That's not why we did it, but knowing people are caring and pitching in where they can – we just want to continue to do everything that we can do ourselves," said Demore.

Going forward, Demore said that they are going to offer more services, such as fun and educational programs for children with Princess Nicole, otherwise known as Nicole Fenstad, owner of Princess Party Pals, that can be accessed through Demore's Facebook Page.

To learn more about Demore's outreach efforts, including how to get a gift card as an essential employee, visit <https://www.facebook.com/Demore-automotive/>. Information of the automotive can also be accessed at <https://demoresautomotive.com/>. The automotive's phone number is 413-252-8087, and located on 1160 Park St., Palmer.

Councils on Aging continue to serve seniors during the COVID-19 pandemic

By Jonah Snowden

jsnowden@turley.com

Although local seniors centers have been temporarily closed, directors and staff have continued to provide outreach services, from supplying food and supplies to calling and checking in, to assure seniors are still being cared for.

Palmer

In Palmer, Council on Aging executive director Marlene Johnson said they are working with the Board of Health to figure out how to bring staff and seniors back to the center as safely as possible.

Johnson said they have still been offering a variety of services. Through the center's database, they were able to go through the list of seniors who reside in the villages and called over 1,300 of them to see how they were doing and if they needed anything.

They are also offering a Grab and Go meal program, provided by Greater Springfield Senior Services on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., along with gift care bags full of

cleaning supplies, snacks, and premade masks, courtesy of Gail Sterner Friends and Family, Chris Pascale, and Lori Hadlock.

Johnson said monetary donations from Fallon Health, Demore's Automotive, and Orchard Valley at Wilbraham, are to thank for these bags.

Other outreach services include volunteer drivers that are picking up prescriptions and assisting seniors with banking. Also, the senior center has received bread and pastries donated by the Palmer Food Share pantry.

Johnson also said she hopes seniors stay "safe and healthy" for the time being.

For more information on the Grab and Go meal program, gift bags, or other inquiries, call 413-283-2670, or visit <https://www.facebook.com/COAPalmer/> for updates.

Monson

At the Monson Senior Center, Council on Aging Executive Director Lori Stacy said they are continuing to assist seniors as well. Stacy also said they never stopped their homebound meals program and have

opened it up to all seniors, since some might've visited the center to eat before the lockdown. All the seniors must be at least 60 years old to order a meal and around 80 to 90 meals are delivered per day.

Stacy said staff work on rotating schedules. They've temporarily stopped transportation for the moment and are unsure when they will begin that again, as well when they will reopen the center itself.

"It's different but we are doing the best that we can to continue servicing the senior population, since they are the high-risk population," said Stacy.

For more information on Monson Senior Center, call 413-267-4121, or visit <https://www.facebook.com/MonsonCouncilOnAgingSeniorCenter/>.

Brimfield

For the seniors of Brimfield, Council on Aging Director Eva Pittsinger said they are also offering their Grab and Go lunch program through the Greater Springfield Senior Services on Monday, Wednesday and Friday at 11:30 a.m., for any senior and their caretaker.

Other outreach efforts include Pittsinger delivering over 200 masks and gloves to seniors' homes, while staff members have been providing surprise bags filled with items such as snacks and crossword puzzles, along with hosting Zoom coffee hours, and most recently, meat deliveries.

The center's van has also been assisting seniors with non-sick doctor's appointments, prescriptions and grocery shopping, but limiting it to one run a day. The van is sanitized between trips.

In June, she also hopes to start trail walks at the Grand Trunk Trail.

"This is just a chance to meet up at the trail, socially distanced, with your face mask, to see the people you're used to hanging around with at the senior center," said Pittsinger.

Reservations for Brimfield's Grab and Go lunch programs must be made two days in advance by calling the center at 413-245-7253.

To learn more about what the center is providing, visit <https://www.facebook.com/Brimfieldmaseniorcenter/>.

Blood donors needed to keep supply strong

REGION – In times of need, people come together to support one another. The American Red Cross is asking for healthy individuals to step up to help patients experiencing health crises by donating blood or platelets.

As COVID-19 continues to affect everyday life, people may not be thinking about blood donation. But blood and platelets are needed daily to help patients battling disease and facing the unexpected. Donating blood is an easy way to care for each other and ensure hospitals have the blood products patients rely on.

As a thank-you for helping ensure a stable blood supply, all who come to give blood or platelets May 15-31 will receive a special Red Cross "We're all in this together" T-shirt, by mail, while supplies last. Donors must have a valid email address on file to claim their T-shirt.

How to help

Healthy individuals who are feeling

well are asked to make an appointment to donate this May by downloading the free Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device. Donors are asked to schedule an appointment prior to arriving at the drive and are required to wear a face covering or mask while at the drive, in alignment with Centers for Disease Control and Prevention public guidance.

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including social distancing and face coverings for donors and staff – have been implemented to safeguard donors, volunteers and employees.

The Red Cross is also looking for blood drive hosts to help ensure a stable blood supply. Learn more and sign up to sponsor a drive by visiting RedCrossBlood.org.

org/HostADrive.

Upcoming blood donation opportunities May 15-31:

Springfield
5/27/2020: 11:45 a.m. - 7 p.m., Springfield Blood Donation Center, 150 Brookdale Drive

5/28/2020: 11:45 a.m. - 7:15 p.m., Springfield Blood Donation Center, 150 Brookdale Drive

5/29/2020: 8:30 a.m. - 4 p.m., Springfield Blood Donation Center, 150 Brookdale Drive

5/30/2020: 8:15 a.m. - 3:45 p.m., Springfield Blood Donation Center, 150 Brookdale Drive

5/31/2020: 8:15 a.m. - 3:45 p.m., Springfield Blood Donation Center, 150 Brookdale Drive

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-

800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using Rapid-Pass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/Rapid-Pass or use the Blood Donor App.

PATHFINDER I from page 1

and not engineering entirely. I learned a lot about Excel and how to put (data) into it clearly and concisely."

Poock said DiPasquale specifically learned how to use their quality inspection equipment to measure samples of insulated high-speed data offline.

"This was an important task, as we are now currently transitioning our online measuring equipment from an ob-

solete system to a brand new, state-of-the-art system, and her inspection data was necessary to ensure continuity between the two systems," said Poock. "Annabelle also helped us to identify and measure actual wire tensions in our twinning and cabling processes. This was important as her measurements allowed us to more readily establish machine recipes for new products."

In addition to gaining familiarity with the processes on

the factory shop floor, Poock said she also with other engineers on the team including Alex Marchand, Mike Elwell, Jason English, and Dan Bonnayer, to help her learn about different aspects of their jobs.

Poock said DiPasquale was a great person to work with and mentor.

"Annabelle was a delight to work with," said Poock. "Beside her overall enthusiasm in being able to work with others in our factory, it was her genuine fear-

lessness in going straight up to multiple 30-plus year veteran machine operators and asking direct, pointed questions about what they were doing or why they were doing something a certain way; that showed her tenacity in wanting to understand our process."

Nugent, who also had the chance to see the two of them work together, said DiPasquale was "full blossom" while working at Quabbin.

"They just had a fantastic

rapprochement with one another," said Nugent. "Seeing the dynamic between the two of them is why I selected Annabelle and Erick this year." She also said she based her decision based on the weekly reports.

Going forward, DiPasquale said that once officially graduating, she hopes to switch gears and pursue a career in graphic design because of her interest in art, which dates back to her younger years.



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POSTPONEMENT:

We are so sorry but our May Scrabble Night and our May Basket Raffle will be postponed. At this time we are uncertain as to when they will be rescheduled.

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Viewpoints

Parades, participants and spectators

Parades arrive in all shapes and sizes as each procession publically celebrate a holiday, a significant day, or an event. The fanfare shows appreciation whether it's performed miles high in the sky with an aircraft flyover, or winding through hometown's streets, or performed by imaginative children playing parade in backyards.

Every parade has participants who are members and contributors. They march in bands, groups, carry banners, ride on floats, and drive vehicles! Many hours of sacrificial work is given behind the scenes making sure that the upfront participants and their displays are successful.

Parades happen so that spectators can enjoy seeing and hearing the day's celebration. Each onlooker learns about the involvement and team spirit that an organization or a community extends to put on the event.

Due to the global pandemic of the COVID-19 virus, and its unique contagion-spread concerns, most or all holiday parades had to be cancelled worldwide. Although this is extremely disappointing to all who watch and appreciate parades with bands and banners, twirlers and dancers, floats and boats, community emergency response vehicles, national and local clubs, religious groups and civic associations.

Especially over holiday weekends, many families living in small towns travel to cities, to visit family. For decades a young family drove hundreds of miles for memory-making times with grandparents and great grandparents, aunts, uncles, and cousins who lived in Pittsburgh, PA. Back-yard cookouts. Games. Giggles. Yesteryear stories, and always reminiscing about when the adults were young and how they marched and played instruments in Pittsburgh's huge city-street parades.

That was then. This is now a new normal. Parades--although on a much smaller scale-- are thankfully happening today.

Consider the applause, cheering and hope-filled music playing nationwide in hospital corridors as recovered COVID-19 patients parade toward exit doors to re-enter the outside world and re-join their awaiting motorcade of family and friends!

Reflect about the recent aircraft flyovers honoring medical front-line workers and all hospital crews by flying over municipal hospital sites! Think about the recent Memorial Day flyover and the high-sky parade honoring and recognizing our greater Pioneer Valley military veterans who fought during wars and paying the highest price for our freedoms!

Parades are heartwarming. They bring overflowing gratitude trickling down our cheeks.

During past spring months, motorcade parades with balloons, banners, streamers and well-wishers have been celebrating life events. Caravanning cars honked their horns over highways, through streets, and around neighborhoods for anniversaries, birthdays, Mother's Day, and for 2020's school and college graduations!

Recently a family sat social-distanced, in the open-air of a grandparent's backyard. Suddenly, about a neighborhood away, a horn-honking motorcade began honoring a resident--an apparently retired civil servant. Enthusiastic observers rose from their lawn chairs! They saw cars, motorcycles, a K-9 police car, and a fire engine drive by! Then as a finale, a police car's loud speaker boomed "Happy Birthday!" As it passed--a single, lone person could be seen--waving from a wheelchair, in that area's empty parking lot. Although momentary, for spectators that precious memory will last a lifetime.

Yes: wellsprings of overflowing gratitude seep when well-wishers parade love.

Parades are fun to participate in. It's a privilege to contribute to and to observe the actions of love, honor and celebration. It's especially meaningful when others enthusiastically join in from their vehicles, and outside porches. And, yes-- even jump up from lawn chairs as parade participants and spectators.

NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue's relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for The Journal Register, please email dfarmer@turley.com.

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www.turley.com

GUEST COLUMNIST



JOAN E. B. COOMBS



Another favorite fragrant flower

It's safe to say that peonies played a pretty important role in my childhood and what would turn out to be a blossoming love of horticulture. After the third season fertilize after blooming, as well as in the fall. An established peony is drought resistant, but if spring rains are scarce, a weekly watering will promote good flowers.

IN THE GARDEN



Roberta McQuaid
Columnist

Planting Peonies are best planted in the fall, September or October in our area. This timing will give the plants an opportunity to develop a healthy stand of feeder roots before the ground freezes. Choose a location that receives six or more hours of sun a day. Don't skimp on the size of the planting hole; that measures a foot and a half deep by two and a half feet wide will sustain the plant for many years. If your soil is average, the addition of a balanced fertilizer may be all that is necessary at planting. Soils that are lean should be improved prior to planting by amending the hole with roughly equal parts good soil and aged compost or manure. Peonies prefer a pH of 6.0-7.0, a wide enough range to accommodate most home garden situations. If your soil is more acidic than that, bring up your pH by adding lime.

Mail order plants usually arrive bare root. These can be soaked in a bucket of water overnight to rehydrate prior to planting. When it comes time to plant, remember this: eyes point up, roots point down! Eyes should end up no more than two inches below the soil surface; any deeper than that and flowers may be sacrificed. Get your plants off to a good start by watering occasionally until the ground freezes. Once it does, a light mulch can be applied over the peonies to prevent them from being heaved out of the ground during periods of freeze and thaw.

Fertilizing and watering

Peonies fertilized at planting time require no additional food until the following fall. Bear in mind that too much nitrogen will encourage lots of leaves but

few roots and flowers. For that reason choose a fertilizer that is lower in nitrogen than the other nutrients. After the third season fertilize after blooming, as well as in the fall. An established peony is drought resistant, but if spring rains are scarce, a weekly watering will promote good flowers.

Staking

Heavy peony flowers, especially the old-fashioned types, will no doubt bow down to the ground in the wind and rain unless staked. I usually pick some for the vase in the bud stage in an attempt to avoid this task, but nevertheless it makes the plant nice and tidy and should be accomplished. Middle-weight bamboo stakes inserted into the ground on the outer edge of the plant cut to three-quarters its height, work well. Run two rows of twine or jute at one third and two thirds up the bamboo, respectively. Simply start by tying a knot on one stake, wrapping around the next and tightening as you go. If green bamboo and jute are used the staking will hardly be visible, especially if you don't tighten so much that it looks unnatural.

Diseases

One year my peony buds wilted and dried up just prior to bloom. The culprit was botrytis. Good hygiene can reduce the risk of this fungus invading your garden. Each fall simply cut the stems of herbaceous peonies down to the ground. Haul them off to the trash, don't compost. If watering is necessary, do so early in the morning and water at the plant's base rather than overhead to keep foliage dry. Any stems that show signs of wilting should be cut away and thrown in the trash as well. Disinfect clippers in between cuts.

My mom is anxious to share her grandmother's plants. No doubt I will be doing some dividing come September. I look forward to having a few of these family heirlooms in my garden for my girls to cherish as I did.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with "Gardening Question" in the subject line.

Letters to the Editor

Palmer High School PUB Club and PTO thank local businesses

The PHS PUB Club and PTO would just like to take this opportunity to thank the local businesses that helped make our #SeniorsSurprise2020 a huge success. Betsy Chacon, BMC Photography and Chacon Trucking gave away a free 18 x 24 lawn sign for all Palmer High Seniors. They also donated a 4' x 10' banner that decorated the bus and now hangs at Palmer High School. John McCarthy, owner of JP McCarthy and Sons, graciously offered to allow us to use a bus in order for us to make our deliveries to the seniors. Big Y was also incredibly generous and donated 500 balloons for our event. Domino's Pizza donated a gift certificate for a large 1 topping pizza for each senior! Sarah Greentree and Bookah Butt Cookies provided the specialty cookies at a significant discount. And last but not least, the Demore family and Demore's Automotive went above and beyond and paid for an additional banner to decorate the bus that now is on display at the Palmer Public Library as well as the specialty cookies along with a big box of treats for each senior! This entire event would not have been possible without the generosity of these local businesses.

We also want to thank some of our volunteers and participants. Cheryl Hasenjager, bus driver extraordinaire, donated decorations for the bus and volunteered her entire Saturday to drive us along the 7.5-hour route. Police, fire and ambulance joined us for our deliveries - SRO Ken Baer led us along the entire route in the police cruiser and Todd and Nick Warren spent the entire ride in the fire truck. Michael Germaine from the Bondsville Fire Department was also able to join us for part of the route as well. Some of Palmer's administration and teachers also joined our parade - Principal Sue North along with her daughter Brittany, Amy Herring, Allie Perniciaro, Kristina Dobiecki, Connie Mahoney as well as Bonny Rathbone from the School Committee.

We are incredibly grateful for all of the help we received from Principal North and especially the Senior Class Advisor Paula Chapin who came early in the morning to help us decorate and who also spent the entire day with us on the bus. There were also a lot of people involved on the day of the event that helped everything come together - Chris Letendre, Jolene Mastalerz, Rachel Pardo, Kelly Simpkins, Bernie Fontaine and Bonny Rathbone. We also need to send out a very special thank you to Alexis Kozlik who wore a very hot Panther suit all day to help us celebrate our seniors! Thank you again to these amazing businesses and volunteers - you are what helps make Palmer special. Lastly...congrats to our Seniors- we are so very proud of you!!

Sincerely-
Shelley Letendre, Stacey Warren,
Melissa Petrasiewicz & Addie Bernard

Palmer Food Share thanks donors, community support

In these unprecedented times of uncertainty brought on by COVID-19, the need for food assistance is rising at an extraordinary rate. Palmer Food Share has been fortunate to be the recipient of numerous generous donations and support from our community, which has enabled us to continue our operations to serve our neighbors to the best of our ability every day and especially during this crisis.

We would like to thank our many supporters; to those who have donated directly or through a recently organized Go Fund Me account, to our community business partners who have provided matching donations, and to the many local businesses who have made donations and sponsored food drives. In addition to these donations, Palmer Food Share has been notified that we will be the recipient of a donation from the Country Bank Community Hero program in the names of Jay and Michelle Demore for their dedication to serving our community. We appreciate and thank each and every one of our supporters!

To our community, please share with your friends and neighbors that the Palmer Food Share is open to support those in need in our community. Please visit our Facebook Page Palmer Food Share or call us at 413-283-3614.

On behalf of the Palmer Food Share staff and Board of Directors, thank you to all who have so generously supported our program.

Palmer Food Share
39 Walnut Street
Palmer, MA 01069

Election letters to the editor welcome

The Journal Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to dfarmer@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call editor Douglas Farmer at 413-283-8393.

Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact Lisa Marulli, 413-283-8393 or lmurulli@turley.com, about paid advertising in The Journal Register.

Letters to the editor policy

Letters to the editor should be 250 words or less in length, and guest columns between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must confirm authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of character.

Please send opinions to:
The Journal Register
Letter to the Editor
24 Water St.,
Palmer MA 01069,
or by e-mail to:
dfarmer@turley.com

The submission deadline for consideration is Monday at noon.

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PATRICK H. TURLEY
CEO

KEITH TURLEY
President

EDITOR
Elise Linscott
elinscott@turley.com

STAFF WRITER
Jonah Snowden
jsnowden@turley.com

ADVERTISING SALES
Lisa Marulli
lmurulli@turley.com

SPORTS EDITOR
Greg Scibelli
sports@turley.com

SOCIAL MEDIA

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WEB
www.journalregister.turley.com

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Just follow the white blazes

GUEST COLUMNIST

JULIE MIDURA

Tom and I had been planning this backpacking trip for six months -- a 51-mile hike through the entire state of Connecticut on the Appalachian Trail. We're known as "section hikers," which means that we're attempting to complete as much of the approximately 2,200 miles of the A.T. as possible by doing it in sections, one state at a time. We backpacked through the 90 miles of trail in Massachusetts last June, and we plan to hike the 150 miles of Vermont in September. The Connecticut section would take us four days to complete. In an effort to hike responsibly during the pandemic, Tom and I altered our plans by changing the start day of our hike to the Wednesday before the Memorial Day holiday in order to avoid the weekend crowds. We also added to our essential gear list an item that we never could have imagined we'd need prior to Covid-19... a face mask.

In preparation for our journey, we trained locally at Facing Rock Wilderness area in our hometown of Ludlow, as well as at the Seven Sisters of the Holyoke Range. Since we carry significantly more equipment on a backpacking trip than we do on a day hike, we gradually added more and more weight to our backpacks in the weeks prior to our trip in an effort to strengthen our bodies

and prevent injury.

We completed one final overnight shakedown hike just days before our hike on the A.T. For



At the start of our hike on the NY/CT border.

non-hikers, a shakedown hike is an overnight hike that you take prior to a longer backpacking trip to test out not only your equipment, but the processes that are involved in using that equipment. This "practice" hike basically allows you to work out the kinks. (Additionally, if you plan on backpacking with a partner, a

shakedown hike will ensure that the two of you can survive multiple nights in a cramped tent without strangling each



On Lion Head in Connecticut.



An early morning brook crossing.

Courtesy photos

other!)

While I'd love to say that our final 13-mile shakedown hike went without a hitch, I'd be lying. I heard nothing but whining about sore neck and shoulder muscles for the

last two miles of the hike... until Tom asked me to please stop complaining. I then reminded him that I was carrying 33 pounds in my backpack, while he was carrying a mere 30 pounds. I'm not very proficient in math, but that is the equivalent of me carrying 70% of my body weight while he carried just 10% of his. Actually, that might be a slight exaggeration; it was more like 62% versus 14%. Okay.... WHATEVER IT WAS... I was still carrying a heavier pack, and I'm a GIRL for Pete's sake! In all seriousness, Tom was suffering from extensor tendinitis in his right foot from overuse, so I insisted that he limit the weight load in his pack while his foot healed. In spite of his injury, we averaged two miles per hour on our training hikes, which is very good for us considering how much additional weight we were carrying in our 50-liter backpacks. However, the elevation gain in Connecticut would be more than what we encountered on our training hikes. Throw in a mountain or four each day and we'll probably be moving slower than a student getting his homework done during the Pandemic.

So, there you have it. With our final shakedown hike complete, we were ready to tackle the Connecti-

BOARD | from page 1

you tackle?
Some people – especially like on this marijuana issue – they’re out to work their own angle, they’re out mostly for their own gain. It’s not just for your own gain, it has to also benefit the town, too. You have to be fair to the town on something like that. If any issues come up, I’ll try to help improve them and to make it better.

Mary Kathleen Hull

Age, occupation:

57, owner of MassRVT (Mass Responsible Vendor Training). I also work for the Post Office.

My business is a curriculum approved by the state for training in the Cannabis Industry. Anyone who works in the legal cannabis industry must take this course once a year. It took 5 years to put the program together and there are only several people certified with the state.

Past experience on town boards or committees? Why are you running for a seat on the Board of Selectmen?

I am presently on the Board of Health; I am entering my third year. My pet project has been The Swap Shack. We were able to get it up and running last year but this year working around the Governor’s guidelines has made it a bit of a challenge.

Most recently I have been active against giving the police the authority via the Board to ticket citizens for mask violations. If you can listen to the meeting on that you will see what a challenge it was.

I have also spent the last several years trying to get our cannabis by-laws done. After several commitments (that never came to fruition) made by the Board of Selectmen at the Selectmen meetings, I decided I needed a new approach. This was one of the reasons I decided to run for Selectman.

I attend most Selectmen meetings. I feel that when people come to meetings with an issue, they often do not leave feeling good about their experience and I would like to see that change. I like the quote from Marcus Aurelius, “What stands in the way, becomes the way.”

Robert E. Kaddy

Age, occupation:

70, retired. Former police officer and employee with the Connecticut Department of Corrections.

Past experience on town boards or committees? In West Springfield, I was an elected Town Meeting member and was on the West Springfield Finance Committee.

I’ve lived in Monson for 18 years. In 2007, I put a petition forward to the Board of Selectmen called the Personal Property Protection Act, which is a by-law that protects people from the town taking property by eminent to domain to increase the tax rate.

Why are you running for a seat on the Board of Selectmen?

I’m running because John Morrell isn’t running, and he’s a great man as far as I’m concerned. I figured I could step right into his slot and pretty much do what John’s been doing: working for the people of Monson. That’s what I plan on doing.

If elected, what issues would you tackle?
We’re going to have to tackle the marijuana co-operative issue. The last two years, the Board of Selectmen didn’t take a position on marijuana co-ops; they said they’d like the people to decide. I think with something like this, with the seriousness and what it would do to the values of people’s property and the peaceful enjoyment of one’s home, that’s so important. I’m going to make sure that if I’m elected, I will voice my opinion. I’d look at the whole issue again.

One other issue I’m concerned with is we’re going to have to look at the budget and make sure there aren’t projects being put forward that aren’t really necessary at this time.

Jessy D. Shea (goes by JD)

Age, occupation:

41, sales representative at Wieland-Diversified Metals in Monson.

Past experience on town boards or committees? I am currently a member of the Monson School Committee which I was elected to last October by the current selectman to fill a vacancy, I was one of three applicants.

Why are you running for a seat on the Board of Selectmen?

While serving our country in Iraq as a young Airborne Infantry soldier in the 82nd Airborne Division I made a promise to myself to be involved in the decision-making process of the community in which I lived in. After 20 years of service I’m finally in a position to fulfill that promise. I am excited to be running for two offices, board of selectman and maintaining my seat on the school committee. I believe this is beneficial to the town as they complement each other very well. I have consulted with the State Ethics Board and they agree that I can be elected to both. I feel I can offer a new perspective as someone who has lived in many diverse communities while preserving the heart and soul of this amazing town my wife grew up in, a town I’m honored to now call my home.

If elected I would tackle the issues of learning how to better serve our senior population and helping our small businesses recover after the effects of the COVID pandemic.

OSV honors for first time essential COVID-19 workers

This year, in addition to active-duty military personnel and all veterans, the annual tradition will expand to include essential workers at the frontline of the COVID-19 crisis

Old Sturbridge Village’s annual Field of Flags Campaign, which honors military service members through the planting of American flags, is expanded this year to recognize and support the essential workers whom our country has relied on throughout the COVID-19 pandemic.

The beloved tradition will be on display at two locations - the first along Route 20 across from the Village’s entrance starting on Memorial Day, and, for the first time, at OSV’s partner organization, Coggeshall Farm Museum in Bristol, Rhode Island as soon as the farm reopens.

Friends and family can commemorate a loved one, or even a stranger, who is currently serving or has served in the U.S. military, or who is caring for our nation as an essential worker, with just a \$25 donation. Every gift of \$25 will add a flag to one of the two Field of Flags locations of the donor’s

choice, which will serve as a tangible reminder of the service and sacrifice of these American heroes, and a physical expression of gratitude. A flag can also be sponsored in memory of a loved one or a military veteran. Each flag donation provides year-round complimentary admission to OSV and Coggeshall Farm for military families, and this year only, for essential workers from the time the museums reopen through Thanksgiving.

“Our Field of Flags display has always been a favorite of our visitors and local community, a moving and beautiful showcase of pride and an acknowledgment of the sacrifice of our fellow citizens,” said OSV President Jim Donahue. “We’re delighted to expand this year’s program to include the heroes on the frontline of the COVID-19 fight, while also physically expanding the display to Coggeshall Farm through our new partnership with the museum.”

This year, all gifts made to Field of Flags in May and June will be matched dollar-for-dollar up to \$50,000 by an anonymous donor.

The list of honorees will be posted on the Village’s website beginning Memorial Day and will be updated regularly. To make a gift today in honor of an American hero, visit www.osv.org/field-of-flags/.

Urgent Care offers telemedicine e-visits and antibody testing

Facility puts measures in place to assure safe patient visits

Urgent Care of Wilbraham has announced the immediate availability of both telemedicine eVisits and Covid-19 antibody testing at its Wilbraham facility. The facility has also instituted additional “safe visit” measures to include symptom pre-screening, online registration, restricted facility access and ongoing strict disinfection protocols.

“In these uncertain times, patients are looking for safe options to obtain medical care and to learn whether they have had exposure to the Novel Coronavirus. Telemedicine eVisits gives patients the option to access expert medical care from home. Our Covid-19 Antibody Test will allow patients to know if they have developed antibodies and an immune response” said Dr.

Rock-Jean Guillaume, Medical Director and owner.

Pre-registration is required for telemedicine eVisits and Covid-19 antibody testing appointments. Both can be scheduled directly on the website, www.urgentcareofwilbraham.com. Additional information about these and other available care services can be found on the website or by calling the facility directly at (413) 599-3800.

Urgent Care of Wilbraham is equipped to handle a wide range of health-related issues, including aches and pains, allergies, bites and burns, bone injuries and fractures, cuts and laceration repairs, earaches, pediatric illness, sprains and strains, and other illnesses or injuries. The facility is owned by Dr. Rock-Jean Guillaume, DO, FACEP and Dr. Richard J. Freniere, DO, FACEP, both board-certified emergency medicine physicians.

AAA Travel hosts free Virtual Vacations

AAA Travel will bring the world to you by hosting a series of free weekly Virtual Vacations starting this week.

Participants will be able to interact with leading cruise and tour providers, ask questions and gain more knowledge about destinations and travel options for the future.

“Many AAA Travel clients residing in the Pioneer Valley are frustrated to be home bound. We are all doing what we need to, keeping each other safe by staying home. But we do not have to like it and nothing can stop us from dreaming of our future travels. Many of us hope to return to our freedom to travel soon and are looking for ways to understand what our future travel options will be. We are also looking for ways to stay entertained and informed while we wait.

Our hope is that this series of Travel focused webinars will fill that need.”

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May 27 - Life Onboard Amtrak with Amtrak Vacations

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MIDURA | from page 4

cut section of the Appalachian Trail!

After weeks of anticipation, Tom and I were finally standing on the Appalachian Trail at the New York/Connecticut border. We exchanged a kiss, said a prayer, and took the first of well over one hundred thousand steps north, in the direction of Massachusetts.

We hiked nine hours on our first day over multiple hills and mountains before searching for a place to call home for the night. Setting up our tent and going through our evening routine is always a welcome relief after an exhausting day on the trail. We work together on getting the tent up, blowing up our sleep pads, and organizing our gear. Once our “home” is in order, Tom prepares our freeze-dried meal on the Jetboil stove while I go in search of a sturdy limb to hang the bear bag.

Dinner is the highlight of the evening. We sit on a large boulder or downed tree trunk while eating hot food, talking about the day, and watching the sun begin its descent from the sky. After dinner, we attempt to wash the dirt and sweat off of our bodies with baby wipes and water and slip into clean clothes to sleep in. We are in our sleeping bags by 8 o’clock. We spend a little time reviewing our map for the following day, pray Psalm 23 aloud, and are asleep by ‘hiker midnight,’ which is 9 p.m.

We awoke early on our first morning on the trail to what I can only describe as

paradise as I opened the flap of our tent and saw the bright orange-yellow glow of the sun through the trees as it began to rise above the horizon. Our morning routine involves praying, pulling on our often-times damp clothes from the day before, returning all of our equipment into our backpacks, eating breakfast, and brushing our teeth. When we step back on the trail, there is a spring in our step since we’re filled with anticipation for what the day will bring.

The A.T. is not only a tunnel of trees. We passed through meadows and farm fields, walked along roads into towns, crossed bridges over rivers, and sauntered alongside streams and waterfalls. We encountered wildlife of every kind, including several snakes (one of which was a five-foot Black Rat snake), a black bear, and three deer. We hiked anywhere between nine and eleven miles each day and saw beauty around every curve in the trail.

Now more than ever before, our days in the forest became an escape from the uncertainty that exists not only in our world, but also within ourselves. The internal anxiety, worry, stress, sadness... call it whatever you will... that has infiltrated our minds and our lives like a plague over the past two months immediately dissipated as we took our first steps on the white blazed Appalachian Trail. And as the steps added up to miles, the miles provided us with discovery and inspiration and fulfillment. We did not speak, or even THINK

about Covid-19 as we followed the two-inch-wide by six-inch-tall markers that are painted on trees, poles, bridges, stop signs, rocks and fences. For four days, we just followed the white blazes. Our sole purpose day after day after day became walking. And walk we did... for 51 miles.

We enjoyed 51 miles of absolute freedom and liberation. Freedom from the overwhelming infiltration of Covid news everywhere we turn. We literally walked away from darkness and into the light of peace and restoration. For four days, we lived among the trees, and the earth provided us with everything we needed for our spirits to soar. It is my sincerest hope that nature does the same for each and every one of you.

As always, it wouldn’t be a backpacking trip without my:

LESSONS AND INSIGHTS-

1) Since we had already hiked the 90-mile section of Massachusetts last summer over the course of eight days, we assumed that the 51-mile Connecticut section would be a breeze. However, that was BEFORE we realized that Connecticut just crammed all of the hills and mountains into 51 miles, rather than spreading it out over 91 miles.

2) Of the 51 miles of trail in Connecticut, 10 are flat, 15 go down, and 1,267 go UP. Yes, that’s what is known as A.T. math.

3) Speaking of torture, the mountains

in Connecticut don’t have switchbacks. They’re more like ‘spiral AROUNDS.’ I think the trail creators wanted hikers to be able to appreciate the approach to the summit from EVERY direction.

4) Every time a trail starts to descend, ALWAYS assume that it will begin to go up again, and you won’t be disappointed.

5) Which is fine, because although a defibrillator is too heavy to carry while backpacking, I did teach Tom CPR before our trip so that he could revive me when I went into cardiac arrest.

6) On a positive note, the sound of my heart exploding out of my chest took my mind off of the pain in my knees.

7) Birdsong is beautiful... especially at 4 a.m.

8) No need to set a wakeup alarm in the woods... a woodpecker will inevitably choose the tree closest to your tent to look for his breakfast.

9) Who needs more than three hours of sleep while backpacking anyway?

10) We must have lost our minds somewhere along the way, because when we crossed into our home state of Massachusetts on the fourth day, we wanted to keep walking.

And THAT, my friends, is what backpacking is all about! Peace, and hike on friends!

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STCC announces celebration of the Class of 2020

SPRINGFIELD - Springfield Technical Community College will hold a "Celebration of the Class of 2020," a virtual event that will be streamed online Aug. 29 at 6 p.m.

The college encourages family and friends of graduates to watch the event on STCC's website, stcc.edu. In addition to the on-line celebration, STCC has invited every Class of 2020 graduate to participate in the college's June 3, 2021, commencement ceremony.

STCC canceled the traditional 2020 Commencement due to the threat posed by the COVID-19 pandemic. President John B. Cook said a planning team is continuing to work on details of the virtual event.

"We realize this has been a difficult time for our students, particularly those who are graduating and were looking forward to celebrating their academic success with families and friends," Cook said. "I'm proud of each and every one of them. They deserve to be celebrated - and they will be. I look forward to congratulating our graduates and honoring them at the virtual celebration."

In addition to holding the virtual celebration in August, STCC announced other plans for the graduating class:

- A mailing of each graduate's diploma or certificate
- A mailing of a cap and tassel, and diploma cover, to each graduate

- A mailing of a commencement program to each graduate (to include a listing of all 2020 Honors Award recipients who would have normally been recognized at convocation)

- An invitation for every Class of 2020 graduate to participate in the college's June 3, 2021, commencement ceremony

Matt Gravel, dean of Academic Initiatives who leads commencement planning, said STCC chose a late August date for the virtual celebration because some of the prospective May graduates will need time during the summer to complete their requirements. The COVID-19 crisis has caused delays for some students.

"We are putting together ideas for the August celebration to make this a special day," Gravel said. "In our work, there is arguably nothing more satisfying than the commencement ceremony as we applaud and recognize the accomplishments of students alongside their families and friends."

Gravel is asking for the campus community to submit photos of encouragement.

"Our graduates will not be able to walk through a congratulatory line of faculty and staff this year, but nevertheless we want them to see your proud faces and words of encouragement and support," he said in a message to faculty and staff.

STCC will post updates about Commencement 2020 plans at stcc.edu/commencement.

WNEU announces plans to resume on-campus classes

Fall target date unveiled amid COVID-19 pandemic

SPRINGFIELD - Western New England University has announced its intention to resume on campus classes for the fall semester, after being forced to move exclusively to online instruction for the spring and summer due to the COVID-19 pandemic. Western New England University President Anthony S. Caprio announced the plans in a letter to the campus community, calling the current situation one of the most unique chapters in the University's century-plus history.

"We are a proud University built on the idea that the best education takes place through the rich interactions that students have with caring and dedicated faculty, staff, and classmates" wrote Caprio. "Within the bounds of health considerations, we are committed to doing all that we can to maximize on-campus classes and life, given their centrality to a Western New England education as it has always been envisioned."

Caprio noted that while the University fully intends to resume on-campus classes, the health and safety of students and the broader campus community remains a top priority. Any opening will be accompanied by testing, tracing, and isolation protocols along with social distancing and cleaning standards, along with following the guidance of local, state, and federal agencies. The University has multiple work groups evaluating all aspects of University operations, including health and safety standards, the curriculum, and the residential community.

"We will come together as a community, as we have always done, to make sure that no matter what the fall scenario, we will be together in a way that always has been and always will be a unique part of the Western New England University culture," said Caprio.

Valley Gives re-launched:

Community Foundation re-opens online giving portal to connect donors with nonprofits in need

SPRINGFIELD - The Community Foundation of Western Massachusetts (CFWM) has re-launched the successful Valley Gives website, Valley-Gives.org. The "one-stop-giving" online platform aims to connect donors with local nonprofits struggling to provide vital community programs and services-particularly during the COVID-19 crisis. The Community Foundation will promote the Valley Gives website widely to introduce donors to nonprofits in need.

Formerly a single giving day event, Valley Gives will remain "open" for months to come and will give nonprofits a needed fundraising boost. From cultural organizations to environmental programs and educational services, local nonprofits are facing many financial challenges triggered by the pandemic.

Visitors to Valley-Gives.org can find a menu of more than 135 nonprofits serving residents across Hampden, Hampshire, and Franklin counties. People can learn about community challenges and can donate to one or many causes-all with a few clicks on the central, online platform.

The website also is a means for individuals to create a "peer-to-peer" fundraising page for a local nonprofit, set a goal, and reach out to their networks of friends and family to raise dollars for the organization.

According to Katie Allan Zobel, President and CEO of the Community Foundation of Western Massachusetts, "Many nonprofits in the Pioneer Valley region have had to reduce programs and cancel fundraising events due to the COVID crisis. Others have been challenged to meet increased needs for services and essentials. Many donors are eager to help. We decided to re-open Valley Gives

to facilitate community generosity and to give donors an easy way to learn about and donate to many nonprofits. Most importantly, Valley Gives is one more way to help reduce the devastating human cost of COVID-19."

Donors can contribute on the Valley Gives website using a credit card, mobile payment apps, or Automatic Clearing House (ACH) payment.

GiveGab donated the cost of the Valley Gives platform. According to Zobel, "GiveGab's tremendous generosity in providing the platform pro bono and their willingness to expedite the start-up made this possible."

The Community Foundation of Western Massachusetts launched Valley Gives, a 24-hour marathon day of giving, in 2012. The event was created to raise critical dollars for the Pioneer Valley nonprofit community, whose programs and services improve the quality of life for countless local residents from all walks of life.

In its six years of one-day online giving combined, Valley Gives Day raised more than \$10 million for nonprofits in the region. In 2018, its final year, more than 400 nonprofit organizations participated in the event.

In addition to Valley Gives, which directly connects individual donors with nonprofits, the Community Foundation established the COVID-19 Response Fund for the Pioneer Valley. Grants awarded through the fund provide emergency support to nonprofit organizations in Western Massachusetts serving the needs of the most vulnerable populations affected by the pandemic. To date, the Fund has raised \$4.3 million from 500 donors and has already awarded grants totaling nearly \$2 million.

Hampden County Bar Association offers two law school scholarships

The Hampden County Bar Association is now accepting applications for the John F. Moriarty Scholarship and the Colonel Archer B. Battista Veterans Scholarship. The John F. Moriarty Scholarship is available to any Hampden County resident who has been admitted to or is attending a certified law school for the 2020-2021 academic year. Applicants must have been residents of Hampden County for at least five years. The deadline date for the John F. Moriarty Scholarship is July 15, 2020. The Colonel Archer B. Battista Veterans Scholarship is available to any Veteran with an Honorable Discharge or a current member of the United States Military who has been admitted to or is attending a certified law school in New England for the 2020-2021 year. The deadline for the Colonel Archer B. Battista Veterans Scholarship is July 15, 2020. Both scholarships are based on merit and financial need. Both applications and additional information are available by contacting the Caitlin Glenn at the Hampden County Bar Association at (413) 732-4660, caitlin@hcbar.org or online at <https://www.hcbar.org/about-us/scholarships/>

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SOFTBALL

Injury returns and more experience would have benefitted Mustangs



Alivia Skowrya connects to the outfield.

File photos

By Gregory A. Scibelli
gscibelli@turley.com

MONSON – The Monson High School softball team had a large senior class coming into this season and was ready to take a step forward and into the Division 3 tournament this season.

Seven seniors would have been among the returners. They are: Kelsey Duggan, Haley Fennyery,

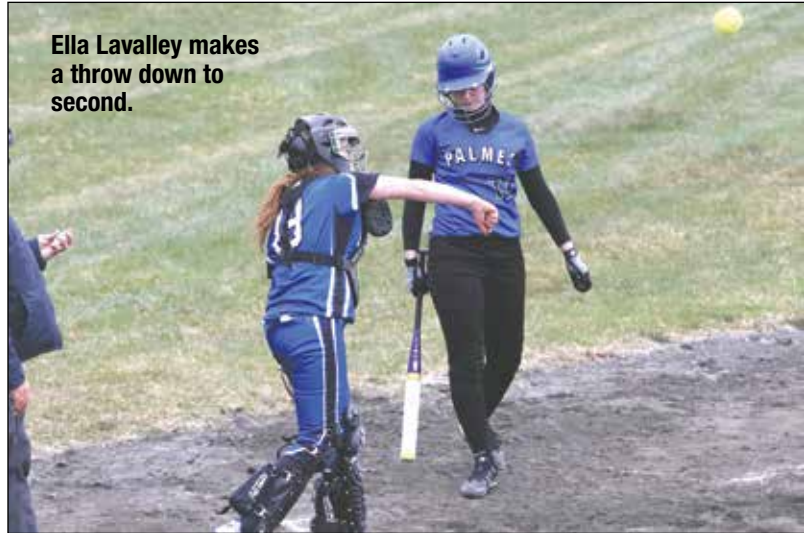
Shayla Hulbert, Ella LaValley, Caitlyn Merrigan, Alivia Skowrya, and Emma Wahlund.

Coach Jill Carneglia was to enter her second season as coach of the Mustangs and was hoping a year under her belt would also have helped her team.

This season, the Lady Mustangs were looking forward to building off of experience from last year as I would be entering into my



Emma Wahlund crosses the plate unscathed as the throw to the plate gets by the Palmer catcher.



Ella Lavalley makes a throw down to second.



Shayla Hulbert tags second base for an out during action last season.

second year of coaching at the varsity level and multiple girls would be returning from injuries and/or other spring sports,” said Carneglia. “Our challenges would have been phasing players into new positions and strengthening those athletes who were out due to an injury. Our battery has been working together for three years, so I feel like our defensive game would have excelled along with our offensive, smart-base running techniques. We were looking forward to challenging ourselves against a new schedule of teams we have not yet encountered.”

LaValley would have been counted on to be the anchor of the team, working behind the plate and with a returning Merrigan.

“Ella’s experience as a catcher would have helped the teamwork as a cohesive unit,” the coach said. “Her ability to command the field on defense and her hot bat on of-

fense would have continued to be an asset to the team. Training and mentoring our younger players to become skilled catchers would have been instrumental to next season.”

Merrigan is returning from an injury that sidelined her last season. Carneglia was confident Merrigan could have a good year.

“Caitlyn would have been strong in the circle,” she said. “Handling the pressure of the position with a positive attitude, no matter the count or situation.”

Wahlund was set to play first base, and was going to be counted on to be a leader.

“Emma would have continued to be a leader not only at first base and at the plate,” said Carneglia. “But off the field as a mentor to her teammates throughout the softball program. Emma’s a true team player with the best interest of the team always at the forefront.”

Duggan was also returning from an injury. She would have played middle infield.

Fennyery had a great attitude and versatility, Carneglia said.

Hulbert could have played multiple positions in the infield and outfield.

“She has the ability to motivate her teammates,” the coach said.

Skowrya was a returning infielder, and would have helped out on defense.

“Alivia is not afraid to take risks on the field to make critical plays, even if it means getting dirty,” said Carneglia.

Despite having no season, Carneglia has been in touch with her seniors, and said she surprised her players with front lawn signs.

“We have also had virtual senior events to recognize their achievements,” she said.

BASEBALL

State cancels Legion baseball for 2020

REGION – American Legion state department chairman Richard Paster issued a statement about the cancellation of the 2020 season:

It is with deep regret that I inform you that the National Organization has decided to cancel the 2020 Season effective immediately due to the continuing events resulting from the COVID-19 pandemic.

The American Legion National Organization is implementing the following directives relating to The American Legion National Organization national baseball program for the 2020 season which the Department of Massachusetts hereby incorporates in its instructions for all Post and Outside Sponsored teams in Massachusetts:

1. Any and all previous 2020 American Legion National Organization memos regarding the national baseball program for the 2020 season are retracted and replaced by the following.

2. The American Legion National Organization has canceled all 2020 season’s Regional Tournaments and The American Legion World Series and the Department of Massachusetts hereby cancels all Department Tournaments.

3. Concurrently, The American Legion National Organization has shut down all sponsorship and all involvement in baseball for the 2020 season and The Department of Massachusetts hereby shuts down its sponsorship and all involvement in baseball for the 2020 season.

4. This shutdown of all sponsorship and all involvement in baseball for the 2020 season means that those baseball teams that wish to continue playing 2020 season baseball shall be participating in a sporting event not sponsored, nor endorsed in any manner by The American Legion National Organization and/or The Department of Massachusetts, but sponsored and endorsed solely by the group the team is named.

5. Any baseball team that continues play in the 2020 season sponsored by the group the team is named must understand that its team is not playing as an American Legion National Organization nor Department of Massachusetts “registered” baseball team nor is it playing in an American Legion National or Department of Massachusetts Organization baseball program.

6. The complete cancellation of the 2020 American Legion National and Department of Massachusetts Organization baseball season means there is no American Legion National or Department of Massachusetts Organization baseball program “national or department rules,” nor are there “national or department guidelines,” as there is no 2020 American Legion national or Department of Massachusetts involvement.

7. In other words, if an American Legion Post or other type of sponsored team has a 2020 season baseball program, then that Post or other team is having a team which is not authorized, nor endorsed by The American Legion National nor Department of Massachusetts Organization.

8. Those teams that conduct this 2020 baseball season program will need to determine their rules, guidelines, schedules, insurance coverage, etc., for their own teams as neither The American Legion National nor Department of Massachusetts Organizations will provide this assistance.

9. The American Legion National Organization has already stopped collecting, and subsequently returned to all teams any and all

BASKETBALL

London showcase postponed by Hall of Fame

SPRINGFIELD – The Naismith Memorial Basketball Hall of Fame announced today the inaugural Basketball Hall of Fame London Showcase originally scheduled for December 6, 2020 has been postponed due to the COVID-19 pandemic. The event was expected to feature Marist College vs. University of Maryland, Baltimore and University of Kentucky vs. University of Michigan.

“As we navigate these unprecedented times, the Basketball Hall of

BASKETBALL

Tri-County league cancels 2020 season

By Gregory A. Scibelli
gscibelli@turley.com

HOLYOKE – The executive board for the Tri-County Baseball League has made the decision to cancel the 2020 season despite considering playing a bit later schedule in the summer.

Last Wednesday, the board announced their decision following a meeting of the league.

Karl Oliveira, who runs the St. Joseph’s team in the league as well as serves as the league’s secretary and treasurer, made the announcement in the form of an email to the league’s returning players and coaches.

“The Executive Board of the TCL voted 4-0 not to move forward to play baseball for this year’s season,” said Oliveira. “The 2020 season for the TCL has been officially canceled.”

Due to the concerns set forth

by the COVID-19 pandemic and the way the league is situated, the league cited a vast number of factors in making the decision to cancel the season.

The league cited player, coach, umpire, and fan safety as the top priorities. Further, the league stated the safety of extended families in making the decision.

Expanding, Oliveira cited certain fields would not have concessions stands or restrooms open to the public, including sani-cans.

He said the rules from town-to-town would also weigh heavily in the teams’ ability to get home fields for play.

“Some fields may allow you to play on them some fields may not allow you to play on them,” said Oliveira.

One of the biggest factors in even coming up with a modified schedule is the fluidity of the Commonwealth of Massachusetts’



File photos

PeoplesBanks would have been going for its eighth consecutive playoff title. The Bankers have been the top team in the league for a long time with powerful hitting and a dedicated pitching staff.

phased approach to re-opening the state. He said games would not be able to be played until July at the

earliest. He said with that timeline, any setback would have been very

Campus Notes

‘I am now from hope:’ HCC student selected as national Dream Scholar

HOLYOKE - By her own account, Holyoke Community College student Mayerlies Diaz was once the kind of hopeless teen who struggled in school and hated being there.

“I have been angry as long as I can remember... behind from Day One, keep inside during recess to learn English, never being in school long enough to learn math... no one wanting to help, putting in no effort. I was the bum buried in the hoodie, smoking a lot of weed, trying to disappear.”

She grew up poor, the daughter of a Spanish-speaking, single mother who was often sick and in and out of hospitals while raising two children. Her family moved a lot, sometimes living in shelters, and there were trips to court in pursuit of protection orders against a family member.

“I am from the sorrow and confusion that comes from that kind of hurt. That’s how I felt for a long time. I assumed I would live in rage and depression and be behind, forever.”

“But somehow, miraculously, I am now from hope. I’m from the miracle that happens when just a few key people actually see you, believe in you, push you and love you.”

Diaz offered the comments above in a spoken word poem called “I Am From” that she delivered in February in Maryland at the annual conference of Achieving the Dream, an organization that



supports student success initiatives at community colleges across the U.S.

The 17-year-old Westfield resident was one of only eight students in the country selected to participate in the conference as 2020 Dream Scholars. In addition to that, she is poised to graduate next month from Westfield High School.

The key to her success, she says, was HCC’s Gateway to College program, which she completed in January 2020 with a GPA of 4.0. Gateway is an alternative high school program in which students take college classes and earn credits toward both their high school diplomas and a college degree. Since 2019, HCC’s Gateway to College program has been part of

the Achieving the Dream network.

“Nothing about my life led me toward college - yet I have been successful there,” Diaz wrote in another speech she prepared for the conference about her experiences so far at HCC. “Gateway to College transformed how I think about school and my future.”

Diaz was the first-ever Dream Scholar from one of Achieving the Dream’s Gateway to College programs. The Dream Scholars initiative is designed to help community college students develop their leadership, critical thinking and networking skills. They share their personal stories during plenary sessions at the conference, participate in panel discussions, and receive coaching before, during and after the conference, which was attend-

ed by about 2,500 people.

“I am so proud of Mayerlies,” said HCC Gateway to College coordinator Vivian Ostrowski, who accompanied Diaz to the conference along with Diaz’s mother, Maribel Perez, and aunt, Raquel Avila. “From the moment we spoke about the application process and the experience, she rose to the occasion with courage, creativity, seriousness, humor, and an incredible openness to the kind of transformative learning that comes from a huge opportunity like this. She was the youngest person at the entire conference, and one of just a handful of Dream scholars who were always in the spotlight.”

For Ostrowski, the highlight of the conference was the session where Diaz read her “I Am From” poem.

“It was incredibly powerful,” she said. “The room leaned in for every word, then just wept when Mayerlies and her mom embraced at the end.”

Diaz plans to continue her college journey at HCC in September 2020 to major either in human services or criminal justice.

“High school wasn’t for me, but college is for me,” Diaz said. “I want a degree so I can get the kind of job where I can help other people see their lives differently, to find their own confidence and power... I want to be that person for the next kid in a hoodie trying to disappear.”

LEGION | from page 7

national baseball team fees to the respective teams and the Department of Massachusetts will similarly return all Department registration fees as soon as practicable.

10. With the shutdown of the online National American Legion Baseball registration portal, The American Legion National Organization has stopped referring baseball teams to the K&K Insurance portal for the 2020 baseball season.

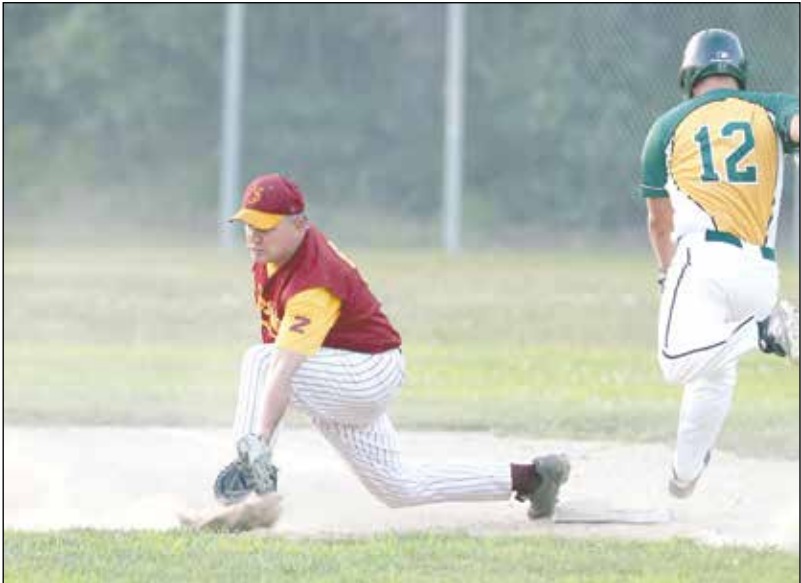
11. The Posts and/or other teams that decide to have their own programs will need to determine what insurance their teams need in order to play baseball in 2020; neither The American Legion National Organization nor the Department of Massachusetts will provide this assistance.

12. All baseball teams that paid to The American Legion National Organization administrative fees shall have these fees reimbursed to the teams directly by the National Organization, the Department of Massachusetts will have no involvement in such reimbursement.

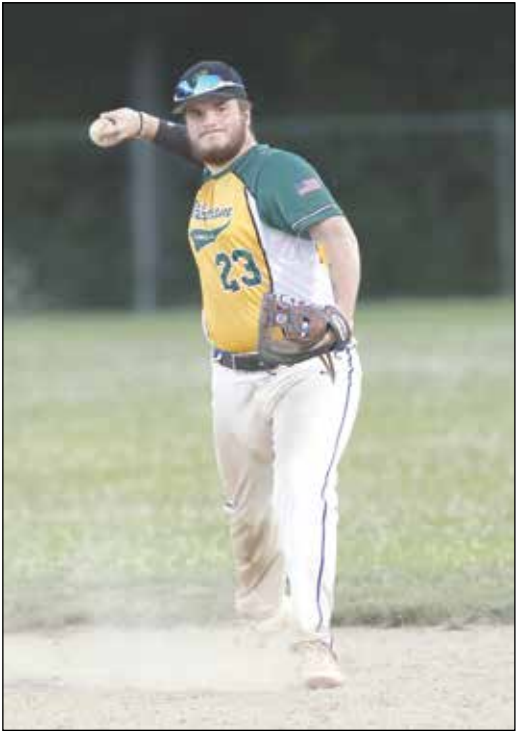
13. All other situation(s) that may arise during the 2020 baseball season in which a Post or other type of sponsored team that elects to have a 2020 baseball season is a situation for that particular team as that particular team is solely responsible for its decision as to any situation(s) as neither The American Legion National Organization nor the Department of Massachusetts, its Athletic Committee, their staffs and/or volunteers are not authorized to address or help with any such teams situation(s).

14. K&K Insurance will be advised that the Department of Massachusetts has elected to cancel the 2020 season, that no teams have formed and that all premiums that have been collected thus far are to be forthwith refunded. The Department of Massachusetts will have no involvement in any such refunds.

This is a sad day indeed for American Legion Baseball in Massachusetts and marks only the second time since 1926 that there will be no Program, let’s hope life returns to normal in time for the 2021 season.



St. Joseph's has always been a top rival for PeoplesBank and a mainstay in the league based out of Palmer.



File photos

TRI-COUNTY | from page 7

restrictive to the schedule and could have cost the league and its players a lot of money.

The Tri-County League has been typically a weekday league with just a few weekend games. The National Division, which was brought in using the defunct Full Count League did have some weekend games during the week.

Oliveira also said simple social distancing and the cleaning of equipment, as well as sanitizing surfaces like benches and other dugout areas were also factors considered in the cancellation decision.

He also cited sponsors. The league questioned whether sponsors, especially those with limited or no business since the outbreak would be able to contribute funding to the league.

Among the costs, more than \$5,500 for insurance, and there was no guarantee if the league itself or somewhere else experienced an outbreak, would the league have to shut back down and be out all of the money for the revised schedule.

“To say we are disappointed, is an understatement,” said Oliveira. “This board knows how all of us feel about playing baseball, especially in a league that has been going since 1949.”

Tri-County still plans to hold its annual golf tournament. The TCL Golf Tournament on Saturday, October 3, at Mill Valley Golf Links in Belchertown, is still on for this year. There will be more details on this event to follow in the coming weeks.

BASKETBALL | from page 7

Fame has remained vigilant in placing health and safety above all else,” said John L. Doleva, President and CEO of the Basketball Hall of Fame. “Unfortunately, the unknown combination of health, safety, international travel regulations and the economic viability for all parties involved has required us to postpone this highly anticipated event at The O2. We look forward to hosting a fantastic event in 2022.”

The Basketball Hall of Fame London Showcase will now take place Sunday, December 4, 2022 at The O2 arena and will be televised domestically by ESPN / ABC. The event will remain a part of the Kentucky and Michigan three-year series, now facing-off in Ann Arbor in 2021, London in 2022 and Lexington in 2023.

The Basketball Hall of Fame

HCC Class of 2020 virtual celebration Aug. 20

HOLYOKE - Holyoke Community College will recognize the Class of 2020 with a virtual celebration that will be available for streaming beginning at noon on Thursday, August 20, 2020.

“We’ll have special guests, a few surprises and a great time celebrating you,” President Christina Royal said in a May 8 email to students.

The video celebration, which is not a virtual commencement, will include congratulatory remarks, student speeches, recognitions, music, and submissions from graduates. Prior to Aug. 20, each member of the Class of 2020 will receive a special surprise package

in the mail and be invited to host their own watch parties on Aug. 20 or anytime after to share on social media using the hashtag #HolyokeCC20.

More details will be released on the HCC website as they become available: hcc.edu

HCC had previously announced the cancellation of its traditional Commencement on May 30 at the MassMutual Center because of the COVID-19 pandemic

Instead, HCC will hold a traditional, in-person Commencement honoring both the Class of 2020 and 2021 on June 5, 2021.

“HCC will also mark its 75th anniversary in 2021, so you can

look forward to being part of what will be an extra-special ceremony for this historic milestone,” Royal said.

“I know this is not how you envisioned the conclusion of your academic journey with HCC,” Royal said. “However, despite the detours this global pandemic has presented the class of 2020, I believe you possess the strength and resilience to shine, and I promise you will be celebrated like no other graduating class in HCC history. Although your time as an HCC student is coming to an end, remember that there is no end to your relationship with Holyoke Community College. You are now part of a community

of 40,000 HCC alumni worldwide, and in your own backyard. They will be your colleagues, future classmates, business partners, and lifelong friends. HCC remains a part of you always.”

“I am so impressed with each of you and the resilience you have demonstrated in completing your studies. I hope you will take advantage of every opportunity to celebrate - creatively, virtually, and eventually, in person - because you truly deserve it. I wish you the very best in these final days of the semester.”

Madelyn Levesque Named to University of Mississippi Spring 2020 Dean’s Honor Roll

MONSON – Madelyn Ashlie Levesque of Monson was recently named to the University of Mississippi’s Spring 2020 Honor Roll lists.

Levesque was named to the Dean’s Honor Roll, which is reserved for students who earn a semester GPA of 3.50-3.74.

In order to be eligible for honor roll designation, a student must have completed at least 12 graded hours for the semester and may not be on academic probation during the semester.

Jessica Stolecki of Brimfield set to graduate from SUNY Potsdam

BRIMFIELD – Jessica Stolecki of Brimfield is set to graduate summa cum laude from SUNY Potsdam with a Bachelor of Music degree in Music Education and Music Performance.

The State University of New York at Potsdam will recognize Jessica and the nearly 900 candidates for graduation with a special virtual Commencement celebration, on Saturday, May 23, at 10 a.m.

The SUNY Potsdam Class of 2020 will be honored in an online ceremony and watch party on the traditional Commencement day, until the College is able to safely hold an in-person event honoring all of this year’s bachelor’s and master’s graduates at a later date.

During Commencement, SUNY Potsdam honors students who have either earned their degree or are eligible to graduate during that calendar year. To learn more about Commencement at SUNY Potsdam, visit <http://www.potsdam.edu/commencement>.

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CLUES ACROSS

1. Common request

5. Department in France

10. Fungi cells

14. Famed inventor

15. Hillsides

16. Cold wind

17. La ___ Tar Pits, Hollywood

18. Resembling a doddering old woman

19. Geological periods

20. Assistants

22. Comedienne Gasteyer

23. Jewish spiritual leader

24. English soccer club

27. Body art

30. No (Scottish)

31. Clumsy person

32. Swiss river

35. Belittled

37. Luxury car

38. Single sheet of glass in a window

39. Monetary units

40. Supervises flying

41. Indian term of respect

42. Breezed through

43. The bill in a restaurant

44. Flower cluster

45. Moved quickly

46. Shooters need to do it

47. High schoolers' test

48. Split pulses

49. Salts

52. Breaking Bad actor ___ Paul

55. Set ablaze

56. Semitic Sun god

60. Nervous system cells

61. Tourist destination

63. A way to bind

64. Behave uncontrollably

65. Feels concern

66. Sportscaster Andrews

67. Subway dwellers

68. Astrological aspect

69. You may take one

CLUES DOWN

1. Swedish rock group

2. Serbian

3. Away from wind

4. Actor Oliver

5. Helps little firms

6. Intricately decorative

7. American state

8. Type of tumor

9. Midway between east and southeast

10. On a line at right angles to a ship's length

11. Fruit of the service tree

12. Grouch

13. Romanian city

21. Units of loudness

23. British Air Aces

25. Small amount

26. Hem's partner

27. Turkic people

28. Member of the banana family

29. Liam Neeson franchise

32. Expressed pleasure

33. Inward-directed part of psyche

34. Insurgent

36. Unhappy

37. Gateway (Arabic)

38. Fundraising political group (abbr.)

40. Well-known

41. Satisfies

43. '___ death do us part

44. Jailhouse informant

46. French river

47. A cotton fabric with a satiny finish

49. Drenches

50. Clouds

51. Companies need to make them

52. Created from seaweed

53. One's school: ___ mater

54. A type of act

57. Member of Russian people

58. Neutralizes alkalis

59. Monetary unit

61. Play a role

62. Midway between south and southeast

DEATH NOTICES

Laviolette, Janice F.

Died May 21, 2020

Services held at the family's discretion
Beers & Story Funeral Home**Stanton, Elizabeth L. (Blair)**

Died May 19, 2020

Funeral Services will be private
Lombard Funeral Home*The Journal Register*
OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.*Exceptions will be made only when the family provides a death certificate and must be pre-paid.*

O B I T U A R I E S

Janice Florence Laviolette, 81

Janice Florence Laviolette, 81, passed away May 21, 2020. She was born on August 20, 1938 in Thompson, CT to the late Frank and Alfreda (Deslauriers) LaCroix. Janice loved the casino, the Red Sox and coloring in her books but most of all she loved her family. Her husband, Robert was the love of her life, for 67 years they were inseparable. Through the good, the bad and the ugly, their love was unbreakable, for whatever challenges life threw at them, they faced them together hand in hand. She was a spitfire, always keeping him in check, and to see them together was pure entertainment. They showed the world what it meant to truly love one another, as they were two halves

of the same whole. She was feisty, witty, wise and knew how to make life's biggest issues seem like a drop in the bucket. She never did sweat the small things in life, always saying, "You have to keep your glass half full". She showed us how to be brave and fought with the courage of a warrior. She was an inspiration to those close to her, never letting anyone else take on her issues no matter how large they might be. She was truly selfless and will always be a pillar of strength to her family. She will be dearly missed by her children, Lee A. Chester and husband CJ of Ware, Peter



Laviolette and wife April of NC, Nancy J. Pitts and husband Allan of Ct, and Robert Laviolette Jr. and wife Laurie of Palmer as well as 10 grandchildren and 5 great grandchildren. She also leaves three sisters, Rochelle Schindler, Joyce Waskiewicz, Patricia Bachand, and her brother David Lacroix. Services will be held at the family's discretion. In lieu of flowers, donations may be made to St. Jude Children's Hospital by visiting www.stjude.org. For more information or to sign the online guest book, visit www.beersandstory.com

Elizabeth Lucille (Blair) Stanton, 95

MONSON - Elizabeth Lucille (Blair) Stanton, passed away Tuesday, May 19, 2020 at her daughter's home, surrounded by love. Elizabeth was born in Wadena, MN September 11, 1924 to the late Giles E. and Clara L. (Hunkey) Blair. She was the fourth of eight children. Elizabeth has been a resident of Monson since 1960, where she raised her family with her husband, Kenneth A. Stanton, who predeceased her in 2009 after 56 years of marriage. For many years she was a bank teller at Shawmut Bank in Monson. Known by many as "Betty," she was an active member at The First Church of Monson, Congregational, UCC. She was the financial secretary at First Church for more than 20 years and active with the Hearts Willing Club. She was the Treasurer of the Monson Senior Club for many years and enjoyed organizing and playing in many of the

"Pitch" tournaments held at the senior center. Her other interests included sewing, bowling, baking desserts, reading, knitting, and watching Wheel of Fortune and Jeopardy! She enjoyed playing cards, spending time with her family, and especially loved the babies and knitted beautiful blankets for them. Elizabeth and Kenneth met in Japan and married in Yokohama in 1953.

Elizabeth leaves daughters, Jeanne V. Dill and husband Gregory of Monson, Mary E. Bibeau and husband Robert E. of Canton, MA; sister Gladys C. Kraft and husband, Arthur P. of Banning, CA; grandchildren, Stephen Dill (Amanda), Cynthia DeSellier (James), Matthew Dill (Stacey), Jessica B. Hauben (Seth), Katherine R. Galanis (James), and Amanda B. Bibeau



(Kevin Brewster); eight great grandchildren, four step great grandchildren and two step great-great grandchildren; many nieces, nephews and friends. Elizabeth was predeceased by six of her siblings, Giles Jr., Herbert, Erwin, William, Jean, and Gordon.

Funeral services will be private. Lombard Funeral Home of Monson has been entrusted with the arrangements. A Celebration of Life and public graveside service at Hillside Cemetery in Monson will be held at a later date. In lieu of flowers please consider a memorial donation in Elizabeth's name to The First Church of Monson, 5 High St. Monson MA 01057. For online condolences please visit www.lombardfuneralhome.com.

Police/Fire

Police Logs

PALMER

The Palmer Police Department responded to 423 incidents from May 18 to May 26. The department made 18 arrests or summons. Those arrested will appear in Palmer District Court at a future date and are innocent until proven guilty.

Tuesday, May 19

Frank John Pietrzykowski, 28, of 28 Buckingham St., Springfield was arrested at 9:44 p.m. on North Main Street in Palmer for an arrest warrant.

Thursday, May 21

Kayla Marie Harpole, 21, of 16 Quality St., Adams, was arrested 5:55 p.m. on Thorndike Street in Palmer for operating after license or right to operating a motor vehicle was suspended.

Reese P. Conners, 24, of 6 Gates St., Monson, was arrested at 9:31 p.m. on Thorndike Street in Palmer on charges of assault & battery with a dangerous weapon and threatening to commit a crime (A&B with a dangerous weapon).

Saturday, May 23

Laurie Beth Lincoln, 25, of

2029 Main St., Apt. #5, Three Rivers, was arrested at 10:00 p.m. in the intersection of Main Street and Walnut Street in Palmer for failing to stop or yield; operating a motor vehicle with a suspended license; and a warrant.

Sunday, May 24

Lauren G. Harris, 20, of 10 Sherwood Dr., Belchertown, was arrested at 11:04 a.m. on Wright Street in Palmer for two warrants.

Brian E. Hartling, 65, 2350 Main St., Apt. #40, Three Rivers, was arrested 10:00 p.m. on Sykes Street in Three Rivers on charges of operating under the influence of liquor (second offense); negligent operation of a motor vehicle; and a marked lanes violation.

Monday, May 25

Jeffery P. Riviere, 58, of 2042 Main St. Apt. #7, Three Rivers, was arrested at 5:28 p.m. on Main Street in Three Rivers on charges of operating under the influence of liquor (4th or greater offense); negligent operation of a motor vehicle; operating after license or right to operate revoked; operating an unregistered motor vehicle (criminal); operating an uninsured motor vehicle; pos-

session or consumption of an open container of an alcoholic beverage (ordinance).

Victoria Lynn Randolph, 64, of 17 Fletcher St. Apt. #C, Palmer, was arrested at 11:37 p.m. on Quaboag Trail on charges of operating under influence of liquor and negligent operation of a motor vehicle.

Tuesday, May 26,

Aaron Rober Driscoll, 38, of 6 Chestnut, Ware, was arrested at 1:31 a.m. on Ware Street in Three Rivers on charges operating under the influence of liquor; negligent operation of a motor vehicle; and a marked lanes violation.

MONSON

The Monson Police Department made four arrests or summons from May 17 to May 23. Those arrested will appear in Palmer District Court at a future date and are innocent until proven guilty.

Monday, May 18

Jose Angel Vega Colon, 30, 17 Pleasant St. Apt. #6, Southbridge, was arrested at 9:43 p.m. for a warrant.

Fire Logs

PALMER

The Palmer Fire Department responded to a total of 10 calls from May 19 through May 24.

On Tuesday, May 19, at 2:07 p.m., the department responded to an unauthorized burning on Pine Street. The department returned to service at 2:22 p.m.

On Tuesday May 19, at 7:12 p.m., the department provided medical assistance on Central Street. The department returned to service at 7:34 p.m.

On Wednesday, May 20, at 1:47 a.m., the department provided medical assistance on Barlow Street. The department returned to service at 2:30 p.m.

On Thursday, May 21, at 1:31 a.m., the department provided medical assistance on Hill Street. The department returned to service at 2:19 p.m.

On Thursday, May 21, at 2:58 p.m., the department responded to a smoke detector activation on Thorndike Street. The department returned to service at 3:15 p.m.

On Thursday, May 21, at 5:53 p.m., the department responded to an unauthorized burning on Country Lane. The department returned to service at 6:38 p.m.

On Thursday, May 21, at 6:44 p.m., the department provided medical assistance on Burlingame Street. The department returned to service at 7:15 p.m.

On Friday, May 22, at 3:54 a.m., the department responded to a call that was dispatched and cancelled en route on Flynt Street. The department returned to service at 4:12 a.m.

On Saturday May 23, at 6:10 p.m., the department provided medical assistance on North Main Street. The department returned to service at 6:33 p.m.

On Sunday, May 24, at 8:46 p.m., the department responded to an unauthorized burning on River Street. The department returned to service at 9:45 p.m.

THREE RIVERS

The Three Rivers Fire Department responded to a total of five calls from May 21 through May 25.

On Thursday, May 21, at 6:43 p.m., the department responded to an EMS incident on Burlingame Road. The department returned to service at 6:50 p.m.

On Saturday, May 23, at 5:46 p.m., the department responded to an unauthorized burning on Central Street. The department returned to service at 5:55 p.m.

On Saturday, May 23, at 6:03 p.m., the department provided public assistance on Maple Terrace. The department returned to service at 6:05 p.m.

On Saturday, May 23, at 7:41 p.m., the department responded to a call for smoke in residence on East Street. The department returned to service at 7:53 p.m.

On Monday, May 25, at 6:58 p.m., the department responded to a dumpster fire on Front Street. The department returned to service at 7:21 p.m.

BONDSVILLE

The Bondsville Fire Department responded to a total of two calls from May 19 through May 25.

AAA advises motorists to curb speed in the wake of alarming traffic fatalities

REGION — As Massachusetts drivers encounter open roads and light traffic in the wake of the Covid-19 pandemic, AAA Northeast is urging people to slow down and resist the urge to speed.

According to a MassDOT report, despite a 50 percent year-over-year decline in traffic volume in April, the fatality rate on Massachusetts roads doubled last month as compared to April 2019. Officials say speed and distraction were likely factors in most of these crashes. And it's not only highway drivers who are dying—two thirds of the fatalities occurred on smaller roads, and victims include pedestrians and a cyclist.

"This is something that's impacting Main Street as much as the Interstate, and we're seeing an across-the-board uptick in speeding," says MassDOT Highway Administrator Jonathan Gulliver. "Driving conditions have changed for a lot of people. We are not used to the open road and tempted to go

as fast as possible."

Speeding increases the risk of a drivers losing control of their vehicles as well as the severity of any collision, especially when pedestrians are involved. According to AAA Foundation for Traffic Safety research, speeding is a factor in roughly a third of all traffic fatalities across the U.S. every year.

And when a pedestrian is struck by a vehicle, the risk of dying increases dramatically the faster the vehicle is going. AAA research shows that the risk of death for a pedestrian is 10 percent at an impact speed of 23 mph. At 32 mph, it increases to 25 percent, and at 42 mph, there's a 50 percent chance a pedestrian will not survive.

With schools closed and stay-at-home orders in effect, many people are taking to the streets on foot and bicycles, especially with the return of sunshine and spring-like temperatures. That's just one reason why AAA Northeast is urging motorists to avoid speeding and dis-

tractions during these challenging times.

"During a time when everyone's mantra is 'stay safe,' let's apply that thinking to our roadways," said Mary Maguire, Director of Public and Legislative Affairs at AAA Northeast. "And with first responders and hospital workers already taxed to the limit, don't add to the numbers by driving recklessly and endangering yourself and others."

Speeding increases the risk of a crash because you have less time to react while driving. It takes about 1 second for most drivers to react, and our reaction times don't increase with our speed. And speeding won't save you much time, either. Driving 75 mph instead of 65mph will save less than 4 minutes during a 30-mile drive, assuming perfect driving conditions. Arriving a few minutes earlier is not worth any loss of life. The priority is to reach your destination safely, not quickly.

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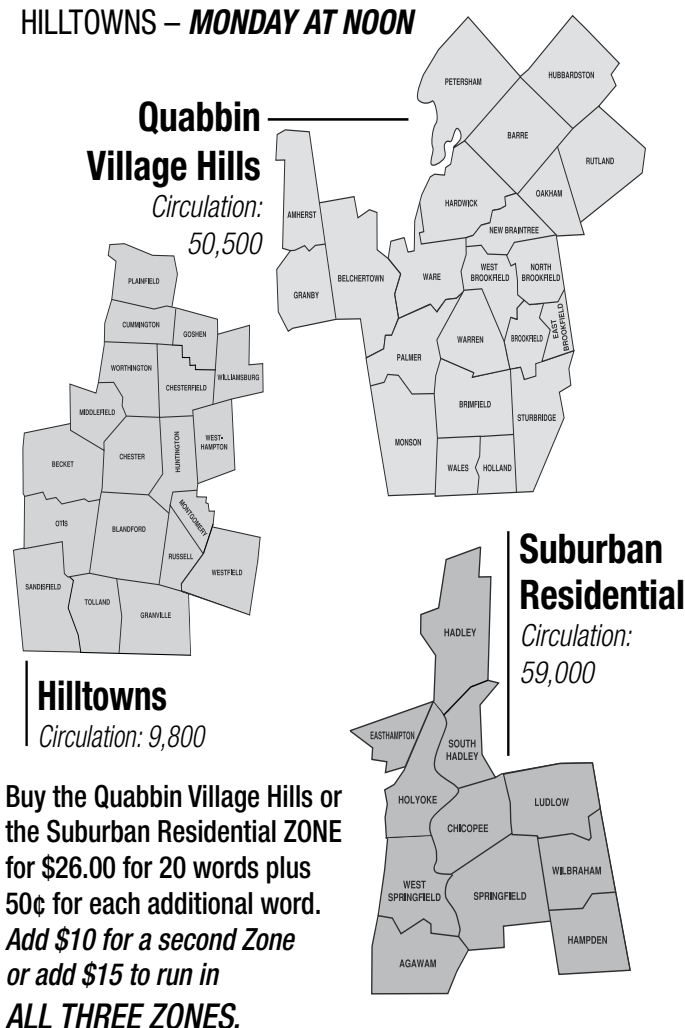
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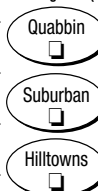
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Concerns from pregnant moms allayed about giving birth

Will I be separated from my newborn if I test positive?

Can I have a partner with me during birth?

Can I breastfeed?

SPRINGFIELD – The current coronavirus pandemic has brought fear and uncertainty into the lives of many Americans.

As pregnant women prepare to give birth across the country and at Baystate Health, many are concerned they will be giving birth alone with no loved one by their side, while others are equally concerned about being separated from their newborns if they test positive upon admission to the hospital.

“While any patient being admitted to a Baystate hospital is being tested for COVID-19, we are seeing some mothers-to-be when they come in to deliver their babies declining to be tested,” said Dr. Heather Sankey, chair, Department of Obstetrics and Gynecology at Baystate Medical Center.

Baystate is testing all patients admitted to the hospital to get a more accurate count of those patients who are asymptomatic or pre-symptomatic carriers of the virus in the community.

The information will help caregivers to determine the safest approach for their care during their hospital stay and when they leave the hospital.

“We are following guidelines established by the Centers for Disease Control and Prevention regarding the best way to care for the baby when mom tests positive. The determination of whether or not to separate a mother with known or suspected COVID-19 and her infant is a shared decision between the mother and the clinical team,” she added.

“We have found that a small number of women without symptoms test positive. The results allows us to take steps to minimize the spread of the virus to others, including the baby,” said Dr. Sankey.

According to the CDC, considerations in the shared decision making include:

- The clinical condition of the mother and the infant.
 - Testing results of mother (confirmed vs. suspected) and infant (a positive infant test would negate the need to separate.)
 - Desire to breastfeed.
 - The ability to maintain separation upon discharge.
- “Testing also allows for early diagnosis to prevent spread to the newborn, and to family and friends upon returning home. Knowing a mom has tested posi-

tive also gives us the opportunity to teach her how to care for baby with minimum risk at home,” said Dr. Sankey.

Consider the following guidance when returning home to reduce the risk of transmission of COVID-19 to your baby:

- Have someone in the home without COVID-19 or symptoms care for your baby.
- Mothers should minimize contact with baby as much as possible.
- When not providing care, keep baby at a distance of 6 feet or in a separate room.
- All caregivers should wash hands before any contact with baby.
- All caregivers should wear a face mask during contact with baby.

Another common question from mothers who have COVID-19 is, “Is my baby at risk for getting COVID-19?”

Dr. Sankey noted that it is generally believed that transmission does not occur in utero. However, transmission after birth can occur due to contact with infectious respiratory secretions from a cough or sneeze and is a concern because it has been associated with severe complications in some newborns.

Dr. Sankey noted mothers who test positive are also concerned about breastfeeding.

Breast milk provides protection against many illnesses and is the best source of nutrition for most infants. In limited studies, COVID-19 has not been detected in breast milk; however it is not known for sure whether mothers with COVID-19 can spread the virus via breast milk, or whether there are protective antibodies in the milk. Even if the virus cannot be transmitted via breast milk, it may still be transmitted to the baby during close exposure, like breastfeeding, due to mothers coughing or sneezing.

“Mothers with known or suspected COVID-19 who choose to breastfeed must put on a face mask and practice hand hygiene before each feeding. If, for some reason, there is a temporary separation, we encourage moms to express their breast milk which will be fed to her baby by one of her caregivers,” said Dr. Sankey.

As for mothers worried about giving birth alone, Dr. Sankey noted one partner is allowed to attend the birth and can remain with the new mom until discharge, unless she or her support person develop respiratory symptoms or a fever. The partner will be screened twice a day for signs of infection.

“We want what is best for baby and mom. Our goal is to keep baby safe in the hospital and at home upon discharge, even if mom tests positive for COVID-19,” said Dr. Sankey.

SOCIAL SECURITY MATTERS

‘Earnings Test’ and ‘Registering’ with Social Security

By Russell Gloor
Guest Columnist

Dear Rusty: Does tax filing status matter when calculating how much you can earn without a reduction in your monthly Social Security payout? My wife and I have filed a joint income tax return for years. My wife is working and I’m 62 and wondering – if I start drawing SS, does the earnings limit only relate to what I earn, or does it include what my wife earns as well? Is the earnings limit tied to our IRS filing status? I need to know if I should file my taxes as a single to be sure my wife’s earnings are not combined with mine to affect my Social Security payment.

Also, I’ve read that it’s recommended to register online with SS if you’re 62. As I understand it, this should be done even if one’s not intending to start benefits yet. Is this true? What are the benefits for doing this? Does it make for a quicker start of payments once the election to start benefits is made? Would it help my wife should I die prior to starting my benefits? Signed: Wondering

Dear Wondering: Income tax filing status doesn’t matter when it comes to determining if your earnings from work exceed Social Security “earnings limit.” If you collect SS before you reach your full retirement age, your wife’s earnings from working will

not be counted toward your personal SS earnings limit. The earnings test looks only at your personal earnings and, if you exceed the limit, SS will take back some of your benefits. But only your personal earnings – as reported on your W-2 or Self-Employment tax return – count. If you’re not working, then your Social Security benefits will not be affected by the earnings test, even if you file a joint return which has an Adjusted Gross Income which is more than the annual earnings limit because your wife works.

As for your second question: it is not necessary, nor would it gain you any advantage, to “register” with Social Security before you are ready to claim your benefits. Indeed, Social Security does not even provide you with a way to do that. What they do provide is a way for you to create your own personal “My Social Security” online account, which gives you access to all of the online features provided by the Social Security Administration, including allowing you to apply for your benefits online (the fastest way to claim) whenever you’re ready to do that.

Having an online SS account doesn’t provide you with any benefit advantage, but it allows you to monitor your lifetime earnings record, get a replacement SS card if needed, and get estimates of your current and future Social Security benefits to help

you decide when to claim. You can create your personal “My Social Security” account by going to www.ssa.gov/myaccount. They use a “two-factor” security process, which means you’ll not only need to set up a password but also a second way to confirm your identity (usually via a code sent to a text-enabled cellphone or your email account). But, even if you have this online account pre-established, your wife will still need to contact Social Security directly to claim her survivor benefit if you predeceased her. Survivor benefits must be applied for by the surviving spouse directly contacting Social Security.

Russell Gloor is a certified Social Security adviser through the Association of Mature American Citizens. This column is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Audit calls on university to ensure contractors pay prevailing wage

BOSTON – A recent audit by State Auditor Suzanne M. Bump found the University of Massachusetts Building Authority could not verify that employees of contractors who worked on public projects were paid the appropriate prevailing wage.

The audit, which examined the period of July 1, 2016 through June 30, 2018, also looked at UMBA’s processes for reviewing and approving capital projects, monitoring payments and change orders, and completion and closeout of contracts and found no deficiencies in these areas.

Nearly half of the employee payroll records reviewed by Bump’s office (1,608 out of 3,344) had job classifications for contractor employees that did not match the Division of Labor Standards’ prevailing wage rate sheets, making it impossible to determine whether these employees were paid the appropriate prevailing wage. Of the remain-

ing employees reviewed by Bump’s office, approximately 5 percent (90 employees) were paid less than the required prevailing wage.

“The UMass Building Authority is responsible for ensuring employees working on its public projects are paid fairly and accurately. While many of the areas we examined showed no deficiencies, it’s clear the authority must establish better employee payroll monitoring processes. Failure to do so will mean some workers could be short-changed when working on public projects,” Bump said of the audit.

The Massachusetts Prevailing Wage Law for public works projects requires contractors to pay the prevailing wage. Prevailing wages are the minimum hourly rates set by DLS for job classifications. UMBA contracts with owner’s project managers to maintain and monitor records of compliance with the

Prevailing Wage Law.

The audit calls on UMBA to establish a payroll policy that includes a documented process for its owner’s project managers to follow to effectively detect, investigate and report any contractors who may not be complying with the state’s prevailing wage law. The audit recommends UMBA establish monitoring controls to ensure OPMs consistently adhere to the established process.

UMBA is an independent public body responsible for overseeing public works construction projects on the University of Massachusetts’ five campuses (Amherst, Boston, Dartmouth, Lowell and the Worcester Medical School). The UMBA board of directors consists of 11 members appointed by the Governor. During the audit period, UMBA had 83 projects in various stages of construction, on which it spent approximately \$614 million.

Public Notices

Thorndike Fire and Water District Commonwealth of Massachusetts Annual Meeting June 17th, 2020 Warrant

Thorndike Fire & Water District Hampden, ss BONITA CARBONNEAU, Clerk of Thorndike Fire & Water District

Greetings
In the name of the Commonwealth of Massachusetts, you are hereby required to notify and warn all the inhabitants of the Thorndike Fire & Water District herein after qualified to vote in the affairs of the said District to meet at the District Office at 4064 Church Street in the Village of Thorndike, in the Town of Palmer, in said District, **June 17th, 2020 at 6:30 p.m.** to act on the following articles:

Article 1
To choose a moderator by vote to preside at said meeting.

Article 2
To choose by ballot the following officers:

For the term of three (3) years: One (1) Water Commissioner

For the term of one (1) year: One (1) District Clerk

ARTICLE 3
To appropriate and raise by taxation such sums of money as may be necessary to defray the expenses of the District for the ensuing fiscal year

July 1, 2020 to June 30, 2021

Article 4
To determine by vote whether the District shall authorize the Water Commissioners to sell/discard any obsolete equipment and or supplies, provided that they may reject any

offer which they deem inadequate or take any action relative thereto.

Article 5
To see if the District will vote to raise, appropriate, or transfer any sum of money from Free Cash to the Stabilization Fund and pass any vote or take any action relative thereto.

Article 6
To determine by vote whether the District shall authorize the Water Commissioners to sell/discard any obsolete equipment and or supplies, provided that they may reject any offer which they deem inadequate or take any action relative thereto.

Article 7
To see if the District will vote to raise, appropriate, or transfer any sum of money from

Free Cash to the Stabilization Fund and pass any cote or take any action relative thereto.

Given under this hand and seal on this 17th day of June, 2020

Water Commissioners of Thorndike Fire & Water District
Phillip Hebert
Robert Helliwell
Lillian Floyd

5/28/2020

TOWN OF MONSON LEGAL NOTICE

In accordance with the MGL Chapter 40A the Monson Planning Board will hold a Public Hearing **Tuesday, June 16, 2020**

REMOTELY at 7:15 P.M. for a Special Permit for a Common Access Driveway as provided for by Section 6.21 of the Monson Zoning Bylaws and a request for a waiver to Section 6.21.2.2 in accordance with Section 6.21.6.1 of the Bylaws. The applicant proposes to construct a 725 ft. common driveway to serve the existing house and two new single family homes on separate lots. The property is located at 15 Waid Road, Map 30 and Parcel 12V. The property owner and applicant is John Goodrich II. A copy of the plan is available for viewing by emailing kbaker@monson-ma.gov.

Zoom Meeting
Participation Information:
Login: <https://zoom.us/j/94432329836?pwd=V11-LYkpUS1ZhYmNkTy9TazN-3N0Y3UT09>
Dial: 1-646-558-8656
Meeting ID: 944 3232 9836

Password: 551038
Craig Sweitzer, Chairman
5/28, 6/04/2020

LEGAL NOTICE MONSON CONSERVATION COMMISSION

Under the requirements of M.G.L. Chapt. 131, s.40, the Monson Conservation Commission will hold a public hearing on **Wednesday, June 3, 2020 at 7:15 P.M. REMOTELY.** Under consideration is a Notice of Intent for the construction of a SFH and associated work

on Lots 38 and 39 Heritage Ln, Map 114, Parcels 81P and 81N. The proposed home, driveway and site grading on Lot 39 and the driveway and site grading on Lot 38 will include disturbance within the 100 ft wetland buffer zone. Property owner James Fiore filed the notice.

Join meeting using link below or by telephone and enter the meeting ID and password.

Login: <https://zoom.us/j/94574786737?pwd=N3c5RVJKNkFnVH-BieGVhNzJTR0FWZz09>
Dial: 1-646-558-8656
Meeting ID: 945 7478 6737

Password: 252883
Submitted by:
Monson Conservation Commission
5/28/2020

LEGAL NOTICE MONSON CONSERVATION COMMISSION

Under the requirements of M.G.L. Chapt. 131, s.40, the Monson Conservation Commission will hold a public hearing on **Wednesday, June 3, 2020 at 7:30 P.M. REMOTELY.** Under consideration is a Notice of Intent for the construction of a SFH and associated work on 88 Bumstead Rd, Map 99, Parcel 52. The proposed work will include approximately 12,059 sf of disturbance within the 100 ft wetland buffer zone with 6,003 sf of the work inside

the 50 ft buffer. Property owner Robert Walczak filed the notice.

Join meeting using link below or by telephone and enter the meeting ID and password.

Login: <https://zoom.us/j/94574786737?pwd=N3c5RVJKNkFnVH-BieGVhNzJTR0FWZz09>
Dial: 1-646-558-8656
Meeting ID: 945 7478 6737

Password: 252883
5/28/2020

TOWN OF MONSON LEGAL NOTICE

In accordance with the MGL Chapter 40A the Monson Planning Board will hold a Public Hearing **Tuesday, June 16, 2020 REMOTELY at 7:30 P.M.** for Site Plan Approval as provided by Section 7.4 and a Special Permit application as required in the Water Supply Protection District Section 4.2.6.C.3 of the Monson Zoning Bylaws. The applicant proposes to construct a 9,100 SF retail building and site improvements including new paved parking and driveway, pedestrian sidewalks, stormwater management, site utilities and landscaping. The property is located at 96 Main Street, Map 95 and Parcel 25 in Central Commercial district. The property owner is Daniel Levesque and the applicant is Garrett Homes c/o BL Companies. Copies of the plans are available for viewing by emailing kbaker@monson-ma.gov.

Zoom Meeting

Participation Information:

Login: <https://zoom.us/j/94432329836?pwd=V11-LYkpUS1ZhYmNkTy9TazN3N0Y3UT09>

Dial: 1-646-558-8656
Meeting ID: 944 3232 9836

Password: 551038

Craig Sweitzer, Chairman
5/28, 6/4/2020

PALMER PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with the provisions of Chapter 40A, Section 6 M.G.L., the Planning Board will hold a public hearing on **Monday, June 8, 2020 7:30PM** in the Town Administration Building, 4417 Main Street, Palmer, MA.

The applicant, John Girard, is seeking a Finding under section 171.83K for the alteration of a pre-existing non-conforming structure or use other than a one-family or two-family dwelling at the property 21-29 Randall Street. The applicant proposes to install a secondary access hatchway within 11’ of the southern property sideline.

This parcel is also known as Assessor’s Map 61, Lot 45.

A copy of the application may be inspected on the Planning Department website at www.townofpalmer.com/planning or at the Planning Department office at Town Hall by appointment only.

Anyone interested in more information or wishing to be heard on the applica-

tion can contact the Planning Department at 413-283-2605 or appear at the time and place designated above.

This notice shall also be posted on the Massachusetts Newspaper Publishers Association’s (MNPA) website (<http://masspublicnotices.org>).

Michael Marciniac
Chairman
5/21, 5/28/2020

PALMER PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with the provisions of Chapter 40A, Section 11, M.G.L. the Palmer Planning Board will hold a public hearing on **Monday, June 8, 2020 at 7:00 PM** in the Town Hall Meeting Room, 4417 Main Street, Palmer, MA.

The applicant, Mint Cultivation Facilities, LLC, is seeking a Special Permit, Site Plan Approval and a Finding as required by sections 171.28 – Special Permit, 171.69 – Water Supply Protection District, 171.67- Industrial A District , 171.29 – Site Plan Approval, 171-124 – Marijuana Establishments, and 171.83 – Pre-Existing, Non-Conforming Uses, Structures, Lots and for the operation of a marijuana cultivation and manufacturing facility at the property located at 25 Ware Street, Palmer, MA. This parcel is also known as Assessor’s Map 73, Lot 57.

A copy of the application may be inspected on the Planning Department website at www.townofpalmer.com/planning or at the Planning Department office at Town Hall by appointment only.

Anyone interested in more information or wishing to be heard on the application can contact the Planning Department at 413-283-2605 or appear at the time and place designated above.

This notice shall also be posted on the Massachusetts Newspaper Publishers Association’s (MNPA) website (<http://masspublicnotices.org>).

Michael Marciniac
Chairman
5/21, 5/28/2020

Thorndike Fire and Water Notice of Annual Meeting

Thorndike Fire and Water **ANNUAL MEETING** will be held on **JUNE 17, 2020 at 6:00 p.m.** at 4064 Church St. Thorndike, MA. There will be 2 positions available; Commissioner and district clerk. Nomination papers are at the office or you can call 413-283-1300 or email thorndikewater@gmail.com

5/21, 5/28/2020

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HONORING OUR FALLEN



Frank A. Hryniewicz Memorial.



Palmer's Book Memorial.



Palmer Town Hall.



Saints Peter and Paul Cemetery.



St. Anne's Cemetery.

Turley Publications staff photos by Jonah Snowden



Amvets Post 74 hosted a Wreath Ceremony, to honor the fallen on Memorial Day, May 25.

PALMER – To honor fallen service members on Memorial Day, members of American Legion Post 130, Amvets Post 74, veteran's agent Tory Brin, councilor Robert Lavoie and son Harrison Lavoie decorated different locations in Palmer with American flags.

American Legion Post 130 and Amvets Post 74 decorated the cemeteries and Brin decorated Town Hall and the Book Memorial. The Lavoies also helped Brin with decorating the Book Memorial.

Learn the signs of stroke during awareness month

SPRINGFIELD – When Stroke Awareness Month comes around each May, the message remains the same.

But, it's an important message that bears repeating because not everyone heeds the warning: the sooner you seek care, the better your chances for survival and minimal disability, if any.

"Time is crucial and the longer you wait, the more damage occurs to your brain cells," said Dr. Rajiv Padmanabhan of the Department of Neurology at Baystate Medical Center.

"If you or someone you know may be having a stroke, it's important to recognize the signs by remembering the acronym B. E. F. A. S. T. : B stands for balance (abnormal or loss), E stands for eye-vision loss/double vision, F stands for face drooping, A stands for arm weakness, S stands for speech difficulty and T stands for time to call 911," he added.

Better stroke outcomes begin with stroke recognition, and calling 911 immediately can make a difference. Yet, calling 911 within one hour of symptoms is done in fewer than 50 percent of stroke cases and only 53 percent of stroke patients used emergency medical services in the nation.

Two million brain cells die every minute during a stroke – which occurs when blood vessels carrying oxygen to the brain are either blocked by a blood clot or rupture – increasing one's risk of permanent brain damage, disability or death. That's why it is extremely important to be able to recognize stroke symptoms, because the drug t-PA, or tissue plasminogen activator, may help reduce the impact of an ischemic stroke (resulting from an obstruction within a blood vessel supplying blood to the brain) if it is administered within the first few hours of the initial stroke.

Earlier is better, however, and the best results are within the first 90 minutes from stroke onset.

Padmanabhan noted he is concerned by an alarming rate of people recognizing they may be having a stroke, but are still delaying care because of the fear of contracting COVID-19.

According to a study that was published online as a letter to the editor in the New England Journal of Medicine, the number of people seeking stroke treatment dropped 39 percent in two weeks from late March through early April – as stay-at-home orders were implemented nationwide – compared to pre-pandemic levels.

Stroke is the fifth leading cause of death in the United States, but the risk of having a stroke varies with race and ethnicity. About 795,000 people in the United States have a stroke each year, killing 140,000 Americans. And, stroke is the leading cause of adult long-term disability.

People can experience various disabilities after suffering a stroke. The damage depends on the part of the brain affected and the timing of the treatment. Therapists – including physical, occupational and speech therapists – aim to speed recovery and improve function. Common disabilities after stroke can include loss of balance or coordination, speech loss, vision loss, and weakness or numbness of one part of the body. In the long term, some people experience movement problems, pain, numbness, thinking problems, speaking problems or memory loss. Some also have emotional problems and depression.

According to Padmanabhan, depending on the patient's condition, stroke rehabilitation would begin as soon as possible, optimally within the first few days.

"The goal is to achieve greater independence resulting in a better quality of life for our patients. We know they have preferences and we offer a customized care plan for their rehabilitation," he said.

The good news is that most strokes can be prevented by treating your risk factors such as high blood pressure and others, as well as leading a healthy lifestyle, noted Padmanabhan.

"It is very important to identify your risk factors and manage these conditions with assistance from your primary care physician," he said.

For more information on Baystate Health and its stroke services, visit baystatehealth.org

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